

IS YOUR SPORTS CLUB THE BEST IN AUSTRALIA?

WIN
A HYUNDAI
IMAX WORTH
\$40,000

INSIDE SPORT

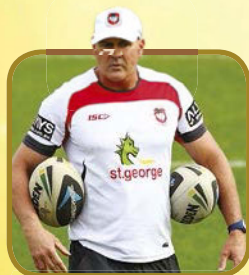
DANE SWAN

PRIME
TARGET

IAN HEALY
WHY WE'LL WIN
THE ASHES

RIO FORCE

HOW TO **WIN** AT ALL COSTS



**SAINT PAUL
McGREGOR**



CHEIKA-MATE
THE BRAIN BEHIND
THE WALLABIES

#284

WIN
A TRIP TO THE
SINGAPORE GP






COMMITTED TO THE GAME

James O'Connor

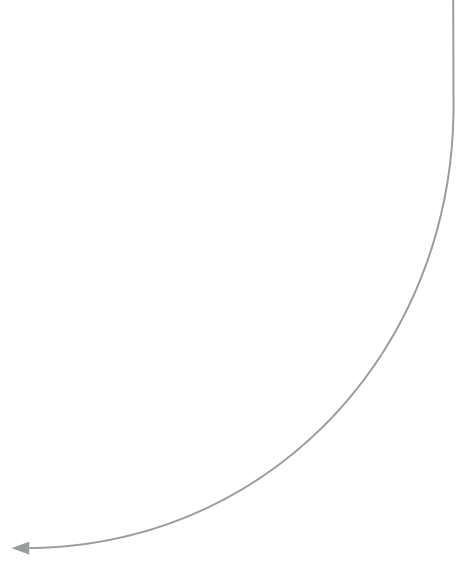


CANTERBURYNZ.COM.AU



CANTERBURY and  are registered trade marks of Canterbury Limited. © Canterbury Limited 2013. All Rights Reserved.





#herestoperfection

Driven to
perfection

at THE
OPEN



Get the facts
**DRINK
WISE**
.ORG.AU

42



50



60



52



66

Contents

AUGUST 2015

Features

42 STAR SEARCH

Our next generation of Olympic champions are out there. One problem: we haven't found them yet.

BY TRAVIS CRANLEY

50 THE CLUBBIES

Introducing *Inside Sport's* new community sports awards ...

52 THE DANE SWAN EFFECT

He doesn't quite look the part of the modern AFL star. But Dane Swan, true to form, keeps getting to the ball.

BY ROBERT DRANE

60 SHIPPING STEEL

The Dragons' surprise showing this NRL season owes more than a little to Illawarra. Paul McGregor has forged a joint venture for success.

BY JAMES SMITH

66 HOW TO SPEAK WALLABY

Michael Cheika is fluent in four languages. But Australian rugby union fans hope their coach's knack for success is what ultimately translates.

BY JEFF CENTENERA

Regulars

- 08 Editor's Note
- 10 Comebacks
- 13 Winners And Losers
- 16 Freeze Frame
- 23 Verbatim
- 26 Scoreboard
- 28 Game Time
- 32 On The Punt
- 34 How Good Is ... **Charlotte Caslick**
- 36 Drinks With ... **Ian Healy**
- 40 Hot Shot #1
- 72 Hot Shot #2
- 75 MVP: Planet Gym
- 76 Regimen: **Ben St Lawrence**
- 80 Running Guide
- 82 Equip
- 84 Food Stuff
- 86 CrossFit
- 88 Innovator: **Zeppo Marx**
- 91 Into It ... **Wow Card**
- 92 Subscribe, Save And Win
- 95 As We Were
- 96 Parting Shot
- 98 The Outer

COVER IMAGES BY GETTY IMAGES.



OFFICIAL LICENSED PRODUCT

WALLABIES RWC 2015
OFFICIAL REPLICA JERSEY

IT'S GAME TIME. GO DOMINATE IT.

asics

W28147 TM © RWC Ltd 2008.

THE WALLABIES WILL EMBARK UPON OUR QUEST FOR RUGBY WORLD CUP 2015 VICTORY IN A JERSEY THAT IS MUCH LIGHTER, MORE ERGONOMICALLY FITTED AND HARDER TO GRAB THAN THE 2014 VERSION. VISIT asics.com.au AND CHECK OUT THE REPLICA RANGE.

ASICS AUSTRALIA



EDITOR Graem Sims
graems@insidesport.com.au

ART DIRECTOR Allan Bender
allanb@insidesport.com.au

DEPUTY EDITOR Jeff Centenera
jcentenera@insidesport.com.au

ASSISTANT EDITOR/ONLINE EDITOR James Smith
james@insidesport.com.au

CONTRIBUTING WRITERS
Travis Cranley, Robert Drane,
Taku Taneka

Inside Sport on the web
www.insidesport.com.au

EDITORIAL ENQUIRIES:
insidesport@insidesport.com.au, (02) 9901 6100

ADVERTISING

Hamish Bayliss
Head of Sport
Tel: (02) 9901 6176
Mob: 0411 057 327
hbayliss@nextmedia.com.au

NSW: Mark Watkins
Ad Manager - Sport
Mob: 0410 418 052
mwatkins@nextmedia.com.au

NSW: Adam Jackson
Brand and Ad
Manager - Sport
Tel: (02) 9901 6109
Mob: 0431 212 504
ajackson@nextmedia.com.au

QLD: Damian Martin
Queensland Ad Manager
Mob: 0417 168 663
dmartin@nextmedia.com.au

VIC: Peter Curtin
Victorian Ad Manager
Tel: (03) 5984 4394
Mob: 0409 337 736
pcurtin@nextmedia.com.au

Ryan Coombs
Advertising Sales Manager
Tel: (02) 9901 6379
Mob: 0449 671 738
rcoombs@nextmedia.com.au

Prepress Manager Jonathan Bishop
Production Manager Alison Begg
Circulation Director Carole Jones

SUBSCRIPTIONS
www.mymagazines.com.au

Toll free 1300 361 146 or +61 2 9901 6111
Locked Bag 3355, St Leonards NSW 1590

nextmedia

Level 6, Building A, 207 Pacific Highway, St Leonards NSW 2065
Locked Bag 5555 St Leonards NSW 1590
Chief Executive Officer David Gardiner
Commercial Director Bruce Duncan

Inside Sport is published by nextmedia Pty Ltd ACN: 128 805 970, Level 6, Building A, 207 Pacific Highway, St Leonards NSW 2065 © 2013. All rights reserved. No part of this magazine may be reproduced, in whole or in part, without the prior permission of the publisher. Printed by Bluestar WEB Sydney, distributed in Australia by Network Services. ISSN 1037-1648. The publisher will not accept responsibility or any liability for the correctness of information or opinions expressed in the publication. All material submitted is at the owner's risk and, while every care will be taken nextmedia does not accept liability for loss or damage.

Privacy Policy

We value the integrity of your personal information. If you provide personal information through your participation in any competitions, surveys or offers featured in this issue of Inside Sport, this will be used to provide the products or services that you have requested and to improve the content of our magazines. Your details may be provided to third parties who assist us in this purpose. In the event of organisations providing prizes or offers to our readers, we may pass your details on to them. From time to time, we may use the information you provide us to inform you of other products, services and events our company has to offer. We may also give your information to other organisations which may use it to inform you about their products, services and events, unless you tell us not to do so. You are welcome to access the information that we hold about you by getting in touch with our privacy officer, who can be contacted at nextmedia, Locked Bag 5555, St Leonards, NSW 1590

THE CLUBBIE AWARDS BOAST SERIOUS PRIZES THAT CAN BE A MASSIVE BOOST TO YOUR SPORTS CLUB.



THIS is a special month in the life of the magazine: this issue we launch the inaugural *Inside Sport*/CAS Clubbie Awards.

We make our announcement on page 50, but I'm beating the drum here because these are BIG. The Clubbies are a series of awards in six categories, with major prizes, to recognise the fabulous contributions made to grassroots sport by enthusiasts around the country. There's more than a fair chance that if you're reading this magazine, your interest in sport extends well beyond elite sport to community sport, whether it's you playing, your kids, or someone you know. I implore you to get across what is on offer here, because these awards boast serious prizes that can be a massive boost to your sports club.

For The Clubbies, we've teamed up with the Confederation of Australian Sport (CAS) – the organisation that represents an alliance of 90 Australian sports governing bodies. CAS' charter is to promote the concept of "sport for all". When we shared with them our plans for The Clubbies, they saw their goals writ large. They also understand that it's grassroots sport that is the heartbeat of all Australian communities. And grassroots sport is populated and supported by an army of "legends in their own backyards" who, almost by definition, go unrecognised. We want to change that, and we reckon the pages of *Inside Sport* are a perfect place to do it.

We want to find the truly unsung heroes of Australian sport – and then reward their clubs with great prizes to improve their services and facilities.

The Clubbies will be presented in SIX categories: Best Club, Best Team, Best Coach, Best Player, Best Club Stalwart and Best Sporting Education. Someone come to mind? I'll bet they do. We simply ask you to go to our website and tell us why that person or team or club or educational institution deserves some recognition in Australia's Best Sports Magazine. After we receive your nominations, we'll come up with a shortlist of finalists and ask you to vote for our winners, who will be announced in style at the Ultimate Sports Expo in Melbourne in November.

There's quite a bit to explain – so this is just a heads-up: convince us that you belong to the Best Sporting Club in Australia, for example, and you could win for your club a Hyundai iMax people-mover worth more than \$40,000! Plus, there are a heap of other prizes for the other categories that'll seem like all your raffles and fundraisers have come at once.

Turn to page 50, and then go to www.insidesport.com.au/theclubbies
In the meantime, play on.

Graem Sims
Editor

www.insidesport.com.au

SEIKO KINETIC.
YOU ARE THE POWER.



NOVAK DJOKOVIC



Kinetic GMT


PROSPEX

SEIKO

DEDICATED TO PERFECTION

seiko.com.au



Paul Gallen: true leader or trouble-maker?

DISREPUTE AND DISRESPECT

As a passionate supporter of rugby league, I was shocked and disillusioned by Paul Gallen's recent lack of respect for the honour of being captain of New South Wales. His comments prior to State of Origin II ("We have been used to their grubby tactics for years now" etc) belittled the dignity and respect brought to this position by previous great incumbents like Daley, Gidley, Buderus, Sterling, Mortimer and Pearce.

These great, passionate leaders recognised the honour and esteem bestowed on them by history and previous incumbents ... I do wonder what they thought of Mr Gallen's oafish comments ...

I am also disappointed by the disrespectful journalistic style of some major print media from both states during the State of Origin

series. Why, as rugby league supporters, do we have to be confronted by childish, petty, belittling, personal attacks on great contributors from both sides of the border? I cannot think of any other sport in Australia that is treated this way by its media. I am sick of it. I don't care who started it, but it must stop. It demeans the sport that great people have created and nurtured and that I and many others have been passionately involved in. The traditions and hard work of all those that have been involved at every level for over 100 years must be protected and honoured.

Please report the game, its achievements and failures, but please treat it and its supporters with the dignity and respect they deserve.

– Neil Canning, Hervey Bay, Qld

year or early next year.

Many incumbent FIFA officials will probably resist cooperating with US and Swiss investigators and not open FIFA salaries and internal procedures to public scrutiny. Inertia on instituting safeguards against bribery will remain, as well as the uncertainties that tainted the bidding processes under which Russia and Qatar won their rights to future World Cups.

The time is long overdue for Sepp Blatter to vacate FIFA's throne unconditionally to allow soccer to emerge from the bottom of its deep pool of political corruption.

– Joseph Ting, Kelvin Grove, Qld

WONDER WOMEN

I wish to congratulate our wonderful female athletes who have been doing us proud overseas, especially the Matildas in their recent World Cup campaign. I am pleased that our female athletes go about the game with good sportsmanship and without any over-the-top antics. I would like to see this across the board in all areas of sport and see more female sport promoted.

– Angela Morrissey, via email

STOP THE SITCOMS

It's probably the wrong time to whinge about the poor free-to-air coverage of sport when The Ashes are enthralling us on prime time, but I can't let the fact go that each network now has three channels at their disposal and yet we can't see US Open golf or French Open tennis or various other major sports events for free. I'm sure we all want to see countless reruns of old sitcoms instead of high-quality world championship sport! Seriously, TV executives, you are going to make more money from live sport than showing Sheldon Cooper complaining about Penny for three rehased episodes a night.

Kudos for The Ashes still on free to air. I guarantee it has higher ratings than old re-runs!

– Andrew Swenson, via email

YOU STILL HERE, SEPP?

Sepp Blatter's decision to step down only days after his defiant re-election to a fifth-term presidency of world soccer's governing body holds the hallmarks of a disgraced authority figure fighting to preserve his reputation in the midst of combatting corruption charges that could soon entangle him. The end of Mr Blatter's long tenure clears the way to start reforming the culture of rich self-entitlement that has long tarnished the movers and shakers of the world's most popular sport.

The process would be less contentious if Blatter's backtrack was a clean break, leaving FIFA's top post with immediate effect. Blatter suggests he will remain in charge until a special congress is convened, which prevents an interim president from implementing reforms and preparing for the next election late this

The FIFA supremo who left, but then didn't ...



WRITE & WIN

Our letter-writer-of-the-month is Neil Canning, who wins this terrific three-book pack which includes the sports titles *State of Origin 35 Years*; *Game, Set and Match* and *Hinault*. Drop us a line, either to our mailing address or at insidesport@insidesport.com.au – or hit "Comebacks" on our website and you could WIN too.



Reebok 
UNITED BY FITNESS
CrossFit

ARMED FOR ACTION

REEBOK CROSSFIT
NANO 5.0
— WITH KEVLAR® —

AVAILABLE AT
rebel

© 2015 Reebok International Limited. All Rights Reserved. REEBOK is a registered trademark of Reebok International Limited.
CrossFit® is a registered trademark of CrossFit, Inc. in the US and/or other countries.
Kevlar® registered trademark of DuPont used under license.

DURABLE. TOUGH. BACKBONE®

**WATCHES FOR MEN WHO BACK THEMSELVES
TO GET THE JOB DONE ON TIME.**



BACKBONE®

Visit **www.backbonetime.com.au**
to check out the range and order yours.

Enter the discount code **INSIDE25** to get **25% OFF*** at checkout.

*offer valid until 31st December 2015. Does not include shipping. Cannot be used in conjunction with any other offer/s.



Winners & Losers

LOSER



If we thought that Daly Cherry-Evans' turnabout would be the final straw for the NRL's archaic system of player movement, the **Kieran Foran contract controversy** proved to be the aftershock that rumbled louder. The debacle at Parramatta – which had agreed to the demands of Foran's management for an escape clause, then angered the Kiwi playmaker by trying to change the dubious terms of the deal – had figures such as Phil Gould lamenting the sorry state of rugby league governance. Gould is right. This situation reflects so poorly across the whole of the game, calling into question the NRL's standing. What modern, professional sport would conduct itself like this?

That the player manager felt they had to ask for such a clause is the worst kind of entitlement (although logical, considering the Eels' internal machinations) and utterly corrosive to the relationship between footballer and club. That the club felt they had to give it reflects the stress that many teams feel in acquiring and overvaluing talent, particularly within a salary cap system that operates as a blunt force. That the player is often forced into choices of having to leave his team, or leave dollars on the table, and then have his personal honour questioned at every step.

The phenomenon isn't new, although the growing tilt in the balance of power towards the players has created a new kind of urgency around this issue. With the amounts of money involved, and the direct manner in which it impacts the sport's fan following, how leagues regulate the movement of talent is among their most important priorities. The chatter around player moves has long been an example of the old saying about publicity – that even bad publicity is good, and the worst thing of all is silence. But there's a limit, as the NRL is finding, to how bad that bad publicity can be.



PHOTOS BY Getty Images



LOSER



At the time our previous edition went to print, **Sepp Blatter** had yet to announce his resignation from FIFA, which looked like a realistic possibility after the arrests at the hotel in Zurich. Blatter made known his intention to step down only a week after he had been re-elected at the FIFA Congress in late May, although the world would have to wait until world football's peak body convened another meeting sometime between December and March. Let's face it – we're all so cynical when it comes to Sepp these days, was it any surprise that he might backslide on this promise, particularly as time went on? He's moved his position from "resigning" to "in the hands of the Congress". By this stage, Blatter's reign has become the sports world's equivalent of a vampire, seemingly unkillable. We'll only believe it's over once the stake has been driven through the heart.



WINNER

When it comes to sports, the **FBI** is on a winning streak of late. While the world's football fans pulled their hair out for years over what to do about FIFA, it was the feds that finally provided the circuit-breaker. Their intervention may finally bring to account an organisation that behaved like it was above any kind of accountability. And curiously, this probably happened *because* of America's remove from the centre of football power (one might think that an investigation of, say, the NFL would encounter more political resistance within the US), as well as the enhanced ability to track money flows granted to law enforcement under anti-terror laws. On top of the FIFA arrests, the FBI found itself in a case involving baseball's St Louis Cardinals, alleged to have hacked the database of the Houston Astros. We're not sure if this is the *best* use of FBI resources – probably better than Mulder and Scully chasing X-Files, we guess – but if J. Edgar Hoover was a sports fan, he'd be proud.



LOSER

This is not much of a debate anymore, really, but in the eternal contest of sports-town reputé in this country, the pride of **Sydney** received the ultimate putdown. When the head of the rugby league, the game of the north, can travel to Melbourne and flat-out tell the denizens of Aussie rules territory that they do it better, much better, so much so that the NRL wanted to bring more big-ticket events there, well, that's hard to recover from. David Smith didn't leave any ambiguity for those holding the major-events purse strings in NSW: "Historical under-investment by previous governments has left us in a situation that's not as good as what we have" in Melbourne. It's no surprise in the context of the Victorian capital's social culture, but it does raise a big-picture question, one that wasn't heard so much in the heady years from 1993 to 2000: how is it that an Olympic city, and one that did it so well, can have such weaknesses as a sports town?



WINNER

Poor **Kazakhstan**, so often mocked, but ready for its moment in the sporting spotlight in the coming month. The Astana team will be out front in the Tour de France, the Kazakh tennis players come to Australia to contest a Davis Cup quarter-final in Darwin, and then there's the big one – the nation's bid to host the 2022 Winter Olympics in Almaty, which the IOC will decide upon on July 31 in Malaysia. Almaty might well set the record for most obscure Games host, as well as ignite an international outcry. At the very least, Kazakhs can argue that it won't have to ship competitors to a site 200km away, as bid rival Beijing is planning to do.



WINNER

Between the Matildas' stirring run at the FIFA Women's World Cup, netball's own upcoming Cup and terrific ANZ Championships decider, and the marquee events of ladies' tennis and golf, it's been a good moment for **exposure of women's sport**. But the heightened awareness has been double-edged, serving to highlight the deficit in attention that our top female athletes deal with, and when they *do* get it, how fleeting it can be. Whether the eyeballs that the Matildas or Diamonds get can be turned into more lasting commitments, both financial and emotional, remains a question, as all sports these days are vying for the same oxygen. But as player behaviour and sense of entitlement in professional sport – *men's* professional sport, that is – engenders ever greater cynicism in the public, the refreshing relatability of our leading sportswomen would seem to be a market opportunity that could be deployed to great effect.



WINNER

There was a hope, however slight, that **Jason Day** was crafting a fairy-tale at the US Open. A day after he had collapsed on the course because of a vertigo-induced dizzy spell, Day somehow played his way into the lead of the toughest event in golf with a rousing Saturday afternoon performance. To ask him to endure one more round at Chambers Bay was always likely to be too much, and Day receded, leaving Dustin Johnson's horror three-putt on the last to become perhaps the lasting memory of the tournament. But Day's resilience, and the way it won over the fans at the course and beyond, was a significant career moment for a man who still shapes as Australian golf's next Major champion. While it's always fraught to compare strains of sporting toughness, and with golf no less, it's hard to imagine there will be few displays of athletic will to match Day's this year.





FREEZE FRAME

← Chris Algieri, a university-qualified nutritionist, knows that *this* isn't good for him. The New York welterweight showed he could take a punch in his fight against Amir Khan in Brooklyn, although took a few too many, as Khan made his way to a unanimous points decision.



↑ Voice of a Saint, face like a devil: St Kilda's Billy Longer belted out his club song after victory over Melbourne, facial rearrangement be damned.



↑ Into the Woods: the Maroons' defensive line had a handle on NSW prop Aaron Woods in Origin I at ANZ (BELOW), but couldn't get the choreography right late in second game at the MCG, as the Wests Tigers' forward rumbled through for the try that sealed the Blues' series-equalling victory.



↓ Thailand's Wiphada Chitphuan helped her team get a leg up in the Southeast Asian Games' women's sepak takraw semi-final against Vietnam. The Thais eventually kicked on to gold over Myanmar.



↑ LeBron James stretched himself to near breaking point in trying to get Cleveland to an NBA title. His team lost, but his performance stirred talk that he should have won Finals MVP anyway.

↓ He committed a handball! Veszprem's Momir Ilic, right, and Joan Canellas Reicach of Kiel compete in the semi-finals of Europe's premier club handball event, the Velux EHF Final Four in Cologne.





↑ Giancarlo Stanton gets paid his \$325 million contract to hit dingers. But the Miami Marlin outfielder's neat catches on the fence, like this one in Pittsburgh, are a nice little bonus.

↓ Michelle Wie, face of Nike: the golfing star was repping the Swoosh most prominently at the KPMG Women's PGA Championship in upstate New York. There were a few too many of these types of shots during that week, as Wie finished in a tie for 41st.



WIN

Think you can write a funnier caption for this pic than our humour-challenged *Inside Sport* staffer? Check out page 83 for your chance to prove your wit and win stuff.

↑ "By Grand Slam, Jordan, we don't mean with the trophy..." Masters and now US Open champ Spieth doesn't often lose control of his golf ball, but found it happening to him with the silverware after his stunning win at Chambers Bay.

→ Late, great escape: the Queensland Firebirds pulled off a thriller in the ANZ Championship decider against the NSW Swifts, taking their only lead of the match with 15 seconds left and avoiding three-straight grand final losses.

PHOTOS BY Getty Images



WIN THE ULTIMATE SPORTS ADVENTURE. EVERY MONTH!

WOW2015.FOXSPORTS.COM.AU



FEB



Nets with Boof!

MAR



With Izzy



JAN

With Jamie Whincup

MAY



Chilling with Dan at Monaco GP



With Ange before the Final



NOW YOU GET WHY
WE CALL IT THE
"WOW CARD"

2015 - THE BEST YEAR EVER





TRUTH OR DARING

"I understand one thing: this probably doesn't look very honourable."

– Manly man Daly Cherry-Evans. Yep.

"We ran a clean bid. I know that others did not ... But did we make mistakes? Yes. Were we naive? In some cases, yes. Would we do things differently in future? Absolutely."

– FFA chairman Frank Lowy, in his open letter.

"I don't think they give you the trophy based on morality, so I lied. Sorry about that."

– Golden State Warriors' coach Steve Kerr, on his surprise change to the starting line-up before game four of the NBA Finals.

"Really? I don't know who said that. Bad quote ... There's people *always* complaining about something. The winners never complain. The losers complain."

– F1 boss Bernie Ecclestone, who had been quoted as saying that the team engineers had "given him a crap product to sell".

"I don't like pointing things at people, but say for instance in the NRL or NFL or NBA, if someone puts out a couple of extra thousand dollars on the table ... nine times out of ten they do take that ... It's about being honest. You can't rule it out, you can't say no, because ... we love playing the sport we do but we also love getting paid."

– David Warner, on whether he'd consider a multi-million dollar offer from a rebel cricket league.

"The guy that kicked Hazard three times in ten minutes impressed me, because I like that. No friendlies."

– Jose Mourinho, on what stood out to him during Chelsea's game with Sydney FC.

"The way they're going on the road we're on, in 20 or 30 years' time rugby league will be as slow as an NFL game. We will stop the play after every tackle and review what's happened. That's what referees will end up doing."

– Rugby league thinker Phil Gould, bunker buster.

"When you're on, no one is going to slow you down. When you're off, no one is going to pick you up, either ... This is a lonely sport."

– Tiger Woods, after some career-worst scores at Jack Nicklaus' tournament.

"When we thought about Luis Suarez and considered him, we knew of his great quality and his tremendous scoring figures, but of course we had doubts about whether he would adapt ... We paid a lot of money, but he has shown he has tremendous hunger."

– Barca manager Luis Enrique, on the positive side of Luis Suarez' hunger.

"I'm that guy everybody wants to pretend never lived ... who's that character in Harry Potter they can't talk about, Voldemort? It's like that on every level. If you watch the Tour on American TV, if you read about it, it's as if you can't mention him."

– Lance Armstrong. Wait until he sees the movie about him ...

"I thought 99 per cent once I hurt myself it was an ACL and not for a second did I think I was going to play another game of footy once that news was confirmed ... I didn't get carried out on a chariot, but on a medivac, but that's how it ended. You don't get to write your ending. It's been an incredibly fortunate journey, not a magical ending, but still a very special 14 years."

– Chris Judd, on the end of one of the AFL's great careers.

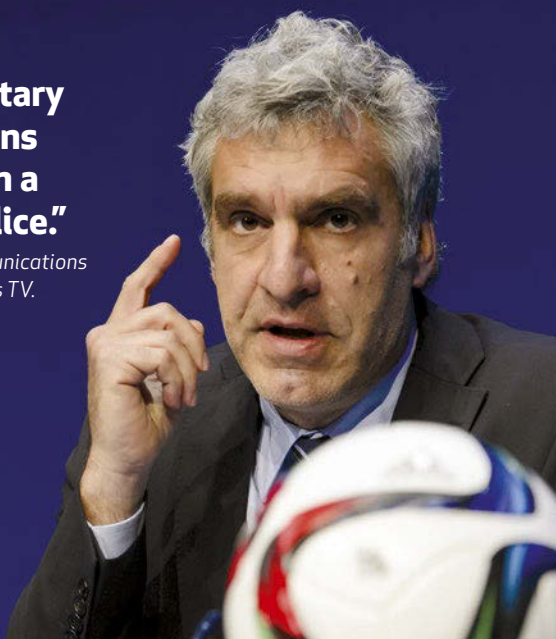
"I watched quite a lot of it actually, about 18 hours ... If we could manage to do more like they did in the old days, with drivers jumping between categories, that would be good. Fortunately, Nico has made us all look good."

– Daniel Ricciardo, talking up the possibilities after Nico Hulkenberg's win in the 24 Hours of Le Mans.

THIS MONTH'S BEST JOKE

"The FIFA president, secretary general and communications director are all travelling in a car. Who's driving? The police."

– Walter de Gregorio, who wasn't FIFA's communications director for long after he told this joke on Swiss TV.





"I know people talk up Origin. It's a great event. A wonderful thing. But we're not the only side to be victims of it. Sides miss players. We split competitions. There's four games on ... anyway ... The competition is irrelevant. Let's not pull any punches. We all know the reasons why ... it's the broadcasters, it's this, it's that."

– Bulldogs coach Des Hasler.

"If I was a friend of David Klemmer I'd be saying, 'Listen mate, you're a very good player, but let your footy do the talking.' Pull it back. If you want to be like that, go into UFC and see how tough you are. Rugby league is a game played with skill ... He's a player I would've punched."

– Gordon Tallis, on NSW's edgy young prop.

"I thought I was having a stroke when it happened ... I couldn't even think about standing still over a golf ball when it happened to me."

– AFL team doctor Rohan White, who once suffered a case of vertigo on a golf course, putting Jason Day's performance in the US Open in perspective.

"I was all for basketball and I made the decision to play tennis. I got pushed by my parents and to this day I can still say I don't love the sport. If it's NBA on one channel and a tennis tournament on the other, I'm watching NBA 100 per cent."

– Nick Kyrgios, on his true passion.

"I looked at that painting *Sunflowers*. And for a bogan from Hamilton like myself, I could actually see beauty in that frustration. So although our fans are frustrated, we're frustrated. We like to think there's some masterpieces still to be painted this year."

– Adelaide Crows coach Phil Walsh, comparing his team to Van Gogh.

"Not only did Jara touch Cavani as we saw in the pictures, but he also said something about what had happened the previous day. He said that Cavani's father was going to get 20 years."

– Mario Rebollo, an assistant coach on Uruguay's national football team, on the incident where Chile's Gonzalo Jara went the Hopoate on Uruguay's Edinson Cavani. Cavani's father is facing a potential jail sentence for his role in a fatal car accident.

"My use of cocaine in the off-season was never as heavy as it was at the end of last season. There were a number of stresses during late-2014, including changing clubs and football codes, and I accept that my cocaine use during this time was the worst that it had ever been by far and I regret it."

– Karmichael Hunt. So it's code-crossing that causes it ...

"In terms of courage, heart and spirit, fantastic. In terms of execution, not one of our best games."

– Matildas' coach Alen Stajcic, with a balanced assessment of his team's exit at the Women's World Cup.

CRICKETS

"I still don't think he's got a great technique ... He doesn't strike fear in you like the Aussies used to with a Hayden or a Gilchrist. The Australia Cricket Board put a tweet out the other day saying 'Coming in a minute' with a picture of Steve Smith – whether it's supposed to be intimidating ... But it wasn't."

– Graeme Swann, who doesn't have to bowl at Steve Smith in the Ashes.



"For a large part of that I thought, 'There is no way I get paid enough to be facing him.' And I do all right for myself, don't get me wrong. He's a different level, isn't he?"

– Former England batsman Robert Key, whose view of Mitchell Johnson was quite the opposite of Swann's opinion of Smith.

"It wasn't just us competing against the opposition. There was a sense that some of us were competing against one another. By the time we were No.1 in the world, it was a very different dressing room. Success changed people. Cliques developed. There were jokes made in the dressing room if you had a South African background. When we warmed up in training, we were split into sides: South Africans vs English."

– Former English (or was it South African?) cricketer Craig Kieswetter.

BROKEN WINGS

"I heard a snap and I didn't know what had happened and when I looked up I saw my arm was at a different level, and when I looked at Wendell's face I knew something was wrong. His face, if it was possible, turned white."

– Ben Ross, on his arm-wrestling injury.

"When I got on the stretcher, my hand started going blue, so I was screaming even more, because I thought they were going to have to amputate. That was my first thought. 'I'm going to the Paralympics now.' It was very traumatic; I've never broken a bone, had stitches or surgery before."

– Sally Pearson, on her gruesome wrist injury.



thank you smooth mover

thank you Ghost 8

Thank you BioMoGo DNA midsole for instant adaptive cushioning. Your virtually seamless upper keeps it comfy while the full-length segmented crash pad gives a smooth ride. Learn more at brooksrunning.com.au

thank you running





AUSTRALIA'S LATEST WORLDBEATERS

► Andrew Bogut became the latest Australian to claim the greatest prize in basketball, an NBA championship, after the Golden State Warriors defeated the Cleveland Cavaliers in the 2015 Finals series, four games to two. The 30-year-old from Melbourne, the first Australian to be selected no.1 in the NBA Draft when he entered the league in 2005, had been an integral part of the Warriors' dream season, providing the defensive presence and big-man savvy to a team that had been seeking exactly that when it acquired Bogut via trade three season ago. The drift of the Finals, however, saw Bogut relegated to the bench, as Golden State opted to go with a speed-oriented, "small-ball" line-up, and it was compatriot Matthew Dellavedova who became a sensation with standout performances for Cleveland in games two and three. The Warriors' class prevailed as the series went on, and their coach Steve Kerr noted that his team would have never made it as far as they did in the Play-offs without Bogut's contribution. Considered the biggest-earning Australian sportsman by many measures – Bogut pulled down a salary of almost \$17

HONOUR ROLL



million this season – he joins the short list of Aussies with an NBA championship ring, which includes Patty Mills and Aron Baynes from the 2014-winning San Antonio Spurs, Luc Longley's three from the late-'90s Chicago Bulls dynasty, and Andrew Gaze, as the Boomer legend scored a title on the end of the Spurs' bench in 1999.



NEXT?


The 1981 Ashes were locked at 1-1 after the Australians had somehow managed to lose the third Test after enforcing the English to follow on at Leeds, with Ian Botham's unbeaten 149 in the second innings and Bob Willis' eight-wicket haul in the last innings deciding the outcome. The two teams reassembled nine days later in Edgbaston on what appeared to be a good wicket, but historic futility with the bat would follow. Set 151 to win, the Aussies were in position at 4-105 with Allan Border (pictured) grinding his way to 40 after three and a half hours at the crease. What happened next? (Answer page 83).



The Quiz

- 1 Which AFL team has seen the three members of its 300-game club lose their milestone games?
- 2 In the penalty shootout against Uruguay that took Australia to the 2006 FIFA World Cup, which Soccerroo missed his penalty?
- 3 Who is the only female tennis player to be a WTA No.1-ranked player to have a surname beginning with the letter 'd'?
- 4 Which German city was second in voting behind Pyongyang to host the 2018 Winter Olympics?
- 5 Who was Australia's flag-bearer at the Sydney 2000 Olympics' closing ceremony?
- 6 Among current National Rugby League players, who has scored the most career tries?
- 7 Which Formula One team does 17-year-old Max Verstappen drive for?
- 8 Which horse won American racing's Triple Crown this year, the first since 1978?
- 9 How many NBA Finals series has LeBron James lost?
- 10 What are the only three Test-playing nations not to have conceded over 400 in an ODI innings?

Quiz supplied by Trivia Madness.
Email: wayne@triviadamness.com.au.
For answers see page 83.



“ WE’LL NEVER LOSE
OUR P🔥SSION
NEVER LOSE
OUR SOUL
ALWAYS BE
R🚲IDERS

this is how we
ROLL🚴🏻

The online cycling retailer loved by cyclists
Roll with us [wiggle.com.au](https://www.wiggle.com.au)


wiggle
.com.au

#goodstuff



RUGBY

With the contest for the Webb Ellis Cup nearing, there's a pared-down version of the Rugby Championship to be played this season. Instead of home-and-homes, the four nations will play each other once, with the Wallabies and All Blacks playing a second match outside the hemispheric frame.

Australia vs South Africa (Jul 18) will be at Suncorp, which means the men in gold won't have to make the oft-fruitless trek to Newlands or Loftus Versfeld. The Wallabies are South America-bound for **Australia vs Argentina (Jul 26)**, in a stadium named after (no kidding) the Falklands War. And a Bledisloe brace of **Australia vs New Zealand (Aug 8)** at ANZ and **Eden Park (Aug 15)** is the last hit-out before the World Cup, only a little more than a month away. **Fox Sports and Ten**



AFL

The outlines of this season have invoked the nightmare scenario of old VFL diehards: a finals series involving as many as six non-Melbourne teams, which makes for good action across state lines this month. **Sydney vs Hawthorn (Jul 18)** at ANZ is the rematch of the rematch, as the Swans won by four earlier this year at the MCG. The AFL has been bumped from its Mecca by (gaspl) the soccer this weekend, which sends **Collingwood vs West Coast (Jul 18)** to Etihad, but it won't make the game any less interesting. **Richmond vs Fremantle (Jul 25)** sees the Tigers welcome the Dockers, having inflicted Freo's first loss after its 9-0 start (pictured). And while it's been a good year for the interstaters, that is less so for AFL fans in Queensland, who can lament a **Brisbane vs Gold Coast (Aug 8)** encounter together. **Seven and Fox Footy**

NRL

Origin done, and the way is cleared for the run to the finals. **St Geo-Illa vs South Sydney (Jul 18)** is always neat at the SCG, but there will be added intrigue to the old-firm tie: will it be the Dragons continuing to overachieve, or the premiers finally shaking their year-after inconsistency with the postseason in sight? This season has had plenty of signs pointing the way of those star-crossed Cowboys, who often time their push for this portion of the year, and Thurston (below) and company head to Brookvale for **Manly vs North Queensland (Jul 20)**. Couple of interesting ventures this month: **Canterbury vs Cronulla (Jul 26)** will be held at Belmore for the Bulldogs' 80th anniversary celebration, while the western Sydney rivalry game of **Parramatta vs Penrith (Aug 7-10)** will be played in Darwin. **Nine and Fox Sports**



CRICKET

It's fun hour in the midlands, as the Ashes heads to a pair of stages known for great theatre. The second **Australia vs England Test (Jul 29-Aug 2)** match puts Edgbaston back on the schedule, having missed out two years ago, without an Ashes contest for the first time since 1977. It was the scene of the 2005 classic, Flintoff and Lee (pictured) and a two-run England win which changed the course of recent Ashes history. If the Aussies had won, it would have been a 2-0 lead and they might've held on against Michael Vaughan's team that year. And as counter-factuals are always fun, how would two years ago have turned out if Ashton Agar's hot streak had lasted just a little longer in the first Test at Trent Bridge? The young man won't be in Nottingham, but the rest of the baggy greens will for the third **Australia vs England Test (Aug 6-10)**. **Nine**

CYCLING

The back half of the **Tour de France (ends Jul 26)** brings the mountains, with **Stage 12: Lanne-mezan to Plateau de Beille (Jul 16)** rounding off three days in the Pyrénées. The peloton rolls towards the Rhone Valley, with the 201km **Stage 16: Bourg-de-Peage to Gap (Jul 20)** presenting the second-longest stage this year, before a rest day. After that, the contest for yellow will be decided over four days in the Alps. **Stage 18: Gap to Saint-Jean-de-Maurienne (Jul 23)** will feature the climb up the Lacets de Montvernier, a series of 18 hairpins cut into a cliff face that will be visually spectacular, even by the standards of the Tour. The penultimate **Stage 20: Modane Valfrejus to Alpe d'Huez (Jul 25)** is this year's can't-miss, with ascents of Galibier and Alpe d'Huez (pictured) only a day before champagne on the Champs-Elysees. **SBS**





SPOTLIGHT

If, like GT, you like sports for the story-telling more than the games, then ESPN's *30 For 30* series has likely become appointment viewing. Originally conceived as a collection of documentary films to mark the network's three-decade anniversary, it has evolved into the gold standard for sports docos, reliving or reviving memorable stories while using sports to explore cultural or historical moments. **ESPN Films Month (to Jul 31)** will air a *30 For 30* film every day in July, giving viewers a chance to catch one they might have missed, or make a discovery (indeed, one of the best things about these films is learning about a sports story that you knew nothing about). If gems such as *The Two Escobars*, *Hillsborough*, *Broke* or *The Price Of Gold* pop up on your programming guide, be sure to set yourself a reminder.

SOCCER

Here's an offseason visit by Euro super-clubs to make Eddie McGuire go off to a corner of the MCG and cry. The International Champions Cup brings a veritable Champions League group to Melbourne, with names such as Ronaldo, Bale, Aguero, Toure and Totti in line to grace the G. The first game is **Real Madrid vs Roma (Jul 18)**, which is technically a match of Spain's runner-up versus Italy's. With Real always an active buyer in the offseason transfer market, it's almost as much fun to see who *los blancos* will bring out – might we see world football's next big thing, Norwegian teen (pictured) Martin Odegaard? **Manchester City vs Roma (Jul 21)** brings the Mancunian blues into the fold, the event concluding with **Real Madrid vs Manchester City (Jul 24)**. If Real does sign City's Sergio Aguero, why not at half-time of this game? **Nine**



SWIMMING

The biggest aquatics meet between now and the big one in Rio next year, the **FINA World Championships (Aug 5-16)**, makes its splash in Kazan, Russia. In the scheme of things, this is usually where we'll start building up expectations for potential Olympic medal chances, such as established champs like Cate Campbell or emerging stars in distance freestyler Mack Horton and butterfly no.1 Madeline Groves. But one big name that won't be part of the build-up is James Magnussen (pictured), who will miss the chance to defend his 100m title because of injury. That's a shame for The Missile, but is GT alone in thinking that a lower volume for Magnussen heading to Brazil next year is just fine? The other intriguing storyline going into the Worlds: how Grant Hackett, on the 200m relay team, proceeds in his comeback. **Seven**

MMA

There's a distinctly modern quality to Ronda Rousey's sports stardom – it probably has to do with the fact she'll have spent more time on screen in movies this year than she has in her fights. That's not a knock on her; it's hardly Rousey's fault that she beats her opponents so quickly. For **UFC 190: Rousey vs Correia**, Ultimate Fighting's marquee name goes to Rio de Janeiro to take on Brazilian Bethe Correia. Correia isn't given much of a chance, and the fight might only serve to remind people of the one potential match out there for Rousey – another Brazilian, Cris Cyborg – but it should be better than watching Rousey in the *Entourage* movie. **Main Event and Fox Sports**

IF YOU

SEE IT HERE

YOU'LL

SEE IT HERE

24/7 SPORTSBAR

THE STAR SYDNEY

STAR.COM.AU

NETBALL

Say one thing about netball's **World Cup (Aug 7-16)** – they don't waste any time. Where Cups in so many other sports seem to drag on, the netballers will have theirs wrapped in ten days, or roughly the time it takes many Sydney people to get from the CBD to Homebush. Anyhow, the competition structure is a two-stage pool, which is why the Aussies and Kiwis can find themselves in the same prelim group. The Diamonds' path begins with **Australia vs Trinidad & Tobago (Aug 7)**, then **Australia vs Barbados (Aug 8)**, before the highlight of the opening phase, the old rivalry tie of **Australia vs New Zealand (Aug 9)**. Top two in the four pools advance to the **qualification round (Aug 11-14)**. Fox Sports will have every game of the tournament, while Ten/One will have coverage of all the Diamonds' matches. **Fox Sports and Ten**



GOLF

Beyond dispute: when the **Open Championship (Jul 16-19)** makes its periodic return to St Andrews, it's always special, a yard-marker for golfing history. Jordan Spieth (pictured) comes in having won 2015's first two Majors, the seventh time a male player has set up a shot at golf's still-elusive, modern-era Grand Slam. Rory McIlroy could make this his moment, evening up a score with the Old Course after it dealt him a bad break in the last Open here five years ago. Or could a reeling Tiger Woods reach back for old-time form at a place where he played some of the finest golf ever? Whatever happens, the familiar sights: Swilcan Burn, the drive over the Old Course Hotel, the Road Hole bunker, the Valley of Sin, will be welcome. After the Open, the **WGC-Bridgestone Invitational (Aug 7-10)** in Ohio signals the tour's stretch run.



TENNIS

Has the nation been this excited about the **Davis Cup quarter-finals (Jul 17-19)** in a long time? Even the absence of Bernard Tomic, at odds with Tennis Australia, can't put a downer on this. The upsides of Kyrgios and Kokkinakis, with the veteran grit of Lleyton Hewitt (pictured), give the Aussies a legitimate chance at beating any other country's racquet-wielding foursome. Locate the tie in Darwin, as this quarter-final will be, and there's optimism that the 28-time Cup winners can make a World Group semi for the first time in nearly a decade. And if that's not enough, our opponents will be, honest to goodness, Kazakhstan. Cue the Borat jokes (we'll be dying to see what the NT News makes of this all), but the Kazakhs might indeed be out of their element, playing their first ever Davis Cup tie on grass courts.

MOTORSPORT

The disappearance of Formula One's German race off the schedule leaves only the **Hungarian GP (Jul 26)** this month, which is perhaps the surest sign of Fi's troubled state. Long-established events are foundering, drivers are casually dropping mentions about how slow their cars are, another batch of rules changes seem to be on the way in a couple of years, and Daniel Ricciardo's victory at Hungaroring last year (pictured) already seems long ago. Anyhow, in V8 land, it's off to Queensland Raceway for the **Ipswich Super Sprint (Jul 31-Aug 2)**, where three-time winner Craig Lowndes should have a good chance to add to his win total, now that he's notched up that century of race victories. And the two-wheelers speed along to the Brickyard, or through the middle of it, for the **Red Bull Indianapolis GP (Aug 10)**.



SPOTLIGHT

Inside Supercars (Tue, 7.30pm)
Fox Sports' all-roads coverage of the V8s has brought this hour-long magazine show to the airwaves, which covers the major storylines of every Supercar round past and upcoming. The faces and voices are pure motorsport, with stalwarts such as Greg Rust, Neil Crompton and Mark Skaife doing the panel thing, with an assist from the likes of Riana Crehan and the men behind the wheel (such as Rick Kelly, pictured above). They'll be indispensable guides as the Enduro portion of the season creeps up on us, and they'll hopefully produce some more spice, as the on-air meeting of David Reynolds and Garth Tander after their stoush at Winton proved to be.

ENGLISH PREMIER LEAGUE

It only *seems* like the EPL had just finished its season. But the 2015-16 campaign kicks off in early August, ready to splash money and manufacture drama for another nine months. And the first match day is serving up some treats, best of all **Stoke vs Liverpool (Aug 8)**. We indeed saw these two meet on the final day of last season, in which the Potters and Peter Crouch (pictured) handed out an unholy 6-1 belting, further depressing Reds fans bracing for Raheem Sterling's departure, and breaking cold beads of sweat on Brendan Rodgers' brow. Fun fact: the match at Britannia will be the first time two EPL sides have met in the same fixture, same venue, consecutively. Other opening-round highlights sees Jose Mourinho's title-holders begin their defence with **Chelsea vs Swansea (Aug 8)**, while for quality, the best match-up should be **Man Utd vs Tottenham (Aug 8)**, where a good win for either could get the over-reaction caucus (a victorious Spurs will be packing for Europe already) going quickly.



PHOTOS BY Getty Images

POLAR®

M400.
Run beyond
ordinary.



Polar M400 brings together style, performance and comfort. It's an exceptional blend of sporty design, integrated GPS and advanced training features, along with plenty of options to keep an eye on your activity 24/7.

That's Smart Coaching, since 1977.

➤ polaraustralia.com.au



International netball's peak event, now known as the World Cup (nee Championships), will be contested on our turf in Sydney for the first time since 1991, when names such as Vicki Wilson and Michelle Fielke led the hosts to a memorable victory. Australia has won this title ten times, and will start as raging favourite again following an undefeated 2014. Expect a familiar cast of contenders around them – the Aussies, New Zealand, England and Jamaica have made up the last four at each of the four worlds since 1999.



SAFE BET

The Diamonds face the situation in which they're not just playing for a World Cup – they'll be judged against the standard of the best teams ever. Victory at home will cap a remarkable period for Lisa Alexander's team, which is on a streak of 19 Test wins, collecting the Commonwealth Games' gold in the process. The core of the side returns intact, with only Madi Robinson missing among the first-choice because of injury, and the squad should have a nice balance of veterans from the world champions of 2011 along with newcomers. The goal-scoring will come from one of the Caitlins, Bassett or Thwaites; captain Laura Geitz leads from the back, while Queensland Firebird team-mate Kim Ravallion (above) provides a spark. If the trends of 2014 hold, it might be a case of "by-how-much" for the hosts.

AUSTRALIA	\$1.40
NEW ZEALAND	\$3.50
ENGLAND	\$7
JAMAICA	\$26
MALAWI	\$101
WALES	\$201
SOUTH AFRICA	\$201
SCOTLAND	\$201
BARBADOS	\$301
FIJI	\$301
TRINIDAD & TOBAGO	\$301
ZAMBIA	\$501
SRI LANKA	\$501
SAMOA	\$501
UGANDA	\$501
SINGAPORE	\$501

(Prices courtesy of SportsBet. Pre-market odds at time of publication. Prices subject to change.)



VALUE BET

The old rivals across the Tasman would seem the only team capable of arresting Aussie dominance, but it's not been a happy lead-in for the Silver Ferns. They've lost their last ten against the Diamonds, and the dismal record of the NZ sides against the Australians during the ANZ Championship (just one win in 28 matches) only further undermined any possible confidence-building. With the way the draw works out, Wai Taumaunu's team will get a clearly defined path to the final after meeting the Diamonds in the group stage. But getting there is hardly assured – they only made the Comm Games gold medal game after a one-goal win over England. Defensive depth looms as a problem, particularly with captain Casey Kopua (above) still working her way back from injury.



PROP BET

Bank on England and Jamaica being around at the end again – the question is, in what order? The buzz around English netball has tailed off since its surprise 3-0 sweep of Australia in early 2013, with coach Anna Mayes losing her job less than five months out from the Cup. In her place is interim boss Tracey Neville, sister to the Man United brothers Gary and Phil. She has players that will be comfortable in these surroundings: Geva Mentor, Jade Clarke and Eboni Beckford-Chambers, among others. Jamaica's Sunshine Girls upset the English for bronze in Glasgow two years ago, and also sport some big names from the top-level trans-Tasman comp. The biggest of all: Romelda Aiken, league MVP and a shooter capable of carrying her team.



BOLTER

There's plenty of minnows in the pond, but it's not a World Cup without them. We love the Malawi Queens (pictured above), but the best story might be their fellow Africans from Uganda, who qualified for the first time since 1979. The She Cranes are up against it financially, and needed to raise 1.8 billion shillings (about \$730,000) to fund the trip. The Ugandan government thought the funding request exaggerated, gave them about a quarter of the money, and instead reminded their netballers not to "disappear" while in Australia for the tournament, saying it gives the country a bad image. That's the kind of underdog that deserves to be backed, as is any team that boasts names such as star as Peace Proscovia.



 yurbuds™ |  JBL®

**STRENGTH.
SPEED.
PASSION.**

"Music is my motivation. It inspires me to push harder, run faster, and never stop."

BILLY SLATER

A stylized white signature of Billy Slater.

Learn more at yurbuds.com.au **#neverstop**



How good is

CHARLOTTE CASLICK

WHEN RUGBY SEVENS MAKES ITS DEBUT AT NEXT YEAR'S RIO OLYMPICS, THIS 20-YEAR-OLD WILL TAKE CENTRE STAGE.

CHARLOTTE WHO?

Since her debut in 2013, Charlotte Caslick has become a key member of the Australian Women's Rugby Sevens team that is eyeing gold at next year's Rio Olympics.

The 20-year-old has scored an amazing 29 tries in the green and gold, her fleet feet leaving opposition defences and spectators in awe of her speed and elusiveness, and her footy smarts establishing her as our first choice half. Her fabulous form has also led to her being named in World Rugby's 2014/15 Team of the Season. Having helped her country qualify for the Rio Olympics, Caslick finished the season by being nominated for the 2015 Women's Player of the Year award – though Caslick doesn't think she'll take out the honour. "I think [New Zealand's captain] Sarah Goss is the most deserving," she says modestly.

WHAT'S HER STORY?

The youngest in a family of three children, Caslick followed in the footsteps of her siblings. "My two brothers played rugby since they were five or six and then they started playing touch football," Caslick says. "I started watching them

play touch football and soon I got into it too."

Her touch football career, which included representing Australia as a 16-year-old, proved to be a great stepping-stone. As Caslick neared the last two years of high school, she started pursuing Sevens as a viable pathway towards becoming a professional athlete. She turned out to be a natural at the sport. "All of the general skills that I learned at touch, such as the catch-pass, speed of the game and general awareness, benefitted my rugby," she says.

On hand to educate Caslick about rugby's nuances was Brisbane State High School's First 15 and Queensland Women's Sevens coach Sione Fukofuka; he has overseen a high school rugby program that's produced Wallabies Matt Toomua and Samu Kerevi. From their first session together, Caslick's competitive nature convinced Fukofuka that she had what it took to play the game at an elite level. "She would do extra speed and agility sessions every week because she always wanted to be the best," he says.

"Mr Fukofuka helped me a lot in my transition to rugby because he used to let me train with the firsts and was always encouraging me," says Caslick.

As fate would have it, three of Caslick's former touch football team-mates, Evania Pelite, Emilee Cherry and Brooke Walker, have also become Sevens stars.

"The best thing for me is getting

to play professionally with all of my friends who I grew up with," Caslick says.

WHO'S SHE LIKE?

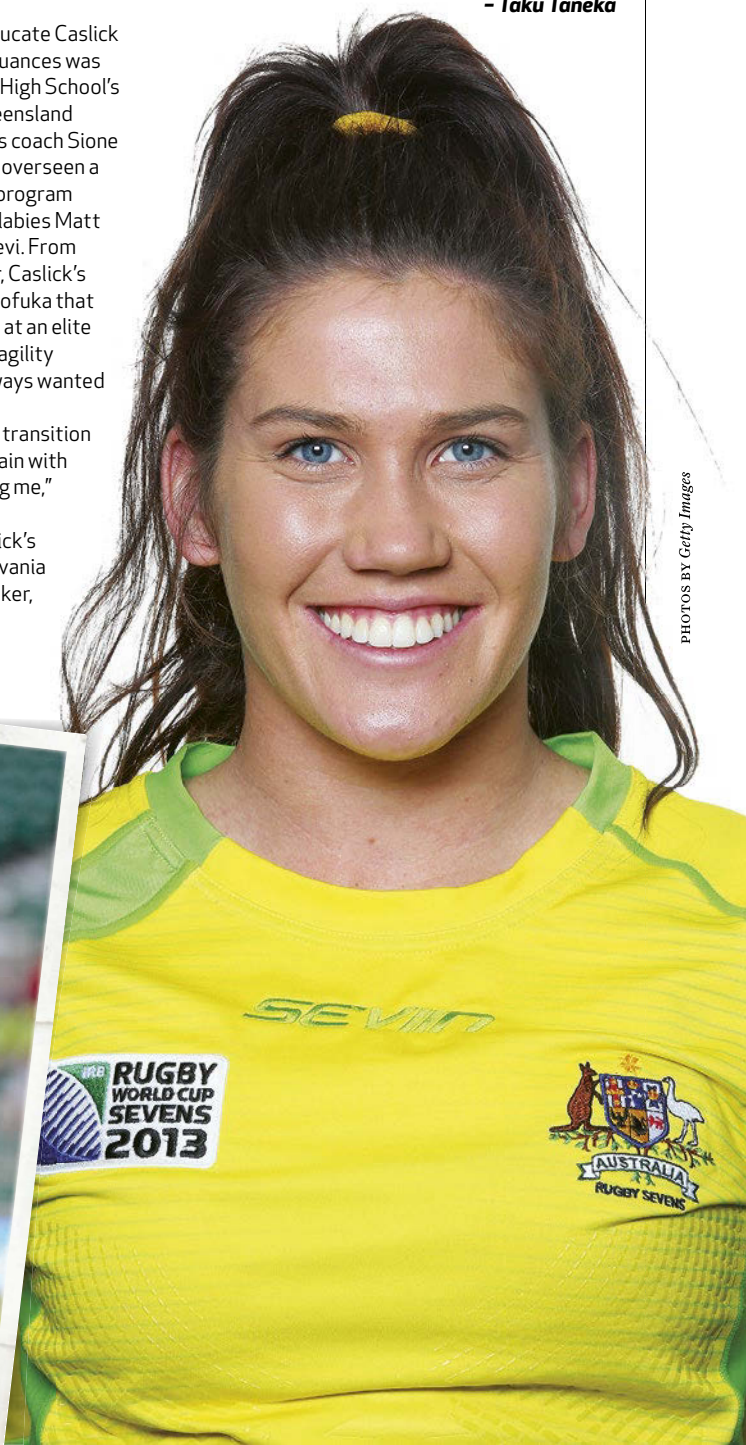
Due to her ability to create chances and act as a link between forwards and backs, Fukofuka compares Caslick to one of the senior figures in the Australian men's Sevens side. "She's just like James 'Chucky' Stannard," he says. "She's creative, has fantastic skills and has that competitive nature."

– Taku Taneka


WHAT DO THEY SAY?

☛ "She's one of the most skilful athletes I've had the pleasure of working with. She's very intelligent, very rugby smart and has great game awareness."

– Sione Fukofuka, Brisbane State High School First 15 and Queensland Women's Sevens Head Coach.



PHOTOS BY Getty Images

FOREVERFASTER PUMA 

AGÜERO

VS

REUS

#HEADTOHEAD



THE FASTEST SKILLS IN THE GAME GO #HEADTOHEAD IN THE ALL NEW, SUPER LIGHT evoSPEED.



A few drinks with

IAN HEALY

HIS genial tones are now part of the soundtrack of our summer, routinely piped into our lounge rooms via the Nine Network's cricket coverage, but it's easy for anyone under 30 to fail to appreciate what an outstanding cricketer Ian Healy was. Thrust into a faltering Australian team in 1988 after just six first-class appearances, he found himself touring first to Pakistan under the captaincy of Allan Border, then the following year off to England for the 1989 Ashes in the famous "worst Australian touring side ever" – only to win 4-0 and reclaim that funny little urn. Healy would be literally at the very centre of Australian cricket's revival through the 1990s as

they collected the biggest prizes in the game and took over the world number one ranking in both forms of the game. He was a fastidious operator, competent back-up captain, immaculate gloveman and more than handy batsman, with four Test centuries to his name. He was one of Wisden's Cricketers of the Year in 1994, claimed the world record for most dismissals by a wicketkeeper in 1998, and has since been inducted into the Cricket Hall of Fame. This month, he's one of the key commentators behind Nine's coverage of the Ashes Tour, which will be broadcast on Gem when it isn't being broadcast on Nine. He took time out to yarn with *Inside Sport* editor Graem Sims.

How does it feel to be chosen again to represent Australia on an Ashes tour?

Hah, yeah, very good. It's exciting to go over there and have a look.

Any tension when you're waiting for the big call to see if you've been selected for the commentary team?

Not really. I've got plenty to do. It was the same when I was a player. If you get picked you get picked and if you get dropped... bad luck – you haven't done your job. And if you don't get picked, keep going with what you're doing.

So, who's going to win?

I think Australia will win. I don't know how *convincingly*. I don't see England beating us in any Test unless Broad really has a good two-hour period like last series in Durham. Anderson will be the rock-solid one – but their third bowling option and their spinner is a worry for them. And they've got this *new* batting line-up at the same time as Australia is very set in their line-up. So I don't see them winning a Test match against

PHOTOS BY Getty Images



Driven to perfection



LEFT Dave Warner and Steve Smith vs ... THIS PIC Stuart Broad and James Anderson. BELOW LEFT The (almost!) always composed Healy at the microphone.

us. But I wonder just how many we will win. England will probably be able to hold their own on a couple of occasions, so whatever the win is to Australia, I'm predicting it will be to nil.

Is Stuart Broad the guy most likely to rattle us? Do you put him ahead of James Anderson as a danger to the Australians?

No, I don't. Anderson is world-class and in his own conditions he's at his peak – he's a given. We know how well he'll play. But they need Broad to come good from last summer here in Australia. And they could thrive when the ball starts to reverse swing. So those two are a handful. But I worry about the rest of their bowling attack.

Who are the Poms going to be worried about on our side? Is Steve Smith going to be keeping them awake?

No, you have sleepless nights more about the devastating players. You know: Warner at the top of the order. Then the consistency of Smith and Clarke is a handful, but you grind away against that, because they hurt you slow. It's the explosive players who can hurt you fast. They should

be a relentless force to play against – just that constant pressure should be enough to wake a few Poms up at night.

You were famous for your dedication to training drills in your playing days. How do you prepare for commentary? Are you as fastidious about your work now as you were when you were playing?

Well, it turns from physical and technical to the psychological – so not much that needs to be done. You brush up on the current form of players – though the IPL confuses me every year. I've got no idea how people have gone and who they've played for. I try to find out about it but then I forget about it – it doesn't stick in the head.

So what does your morning look like on the day of a Test match?

Generally it's a bit of exercise, a bit of breakfast and off you go. You get into the commentary box an hour before on-air. And we generally go on

air an hour before the game, so two hours before the game starts, you start preparing your content and delivery for what you're going to do in that pre-show. You prepare for what might happen on this given day – who's bowling, who's batting, when the big moments are likely to be on.

Any alcohol ban during a Test match?

No. Only during the hours of play (laughs). Though in the past there wasn't! I believe (Alan) McGilvray drank scotch, maybe (John) Arlott – the best boys loved it through the day. I don't think it would hurt – you'd just need to be careful to manage it the right way. With the social media that's around today, if you make a blue you're in trouble ...

I imagine it's been a sad time for the Nine team losing Richie Benaud this year. Can you give us a Richie story about how he influenced you?

It was his general persona – just

refusing to get lazy, to always look into things in the game of cricket. He was forever reading and forever writing, which required research and further reading. He just refused to get lazy. And that's what I mainly took out of Richie Benaud. But yeah, it's another hole in the commentary box, that's for sure; following up Tony Greig with Richie is not good. Tony was very, very heavily missed by us around the commentary box and the media circle. He was a man who always had a theory going. He always had a contact or two talking stuff in Sri Lanka or India – there was always something bubbling around Greiggy, and that is seriously missed. Again, he was a wonderful lover of the game.

Ever been starstruck meeting your cricket idols? I've been watching old footage of your testimonial match – you gathered quite a line-up ...

I was starstruck early in my first Test on my first tour when I was catapulted into the side. I don't think I'd even played against everyone that was in the team. And certainly didn't know anyone to any great extent. And yeah, there were a few times at my testimonial game ▶

"ANDERSON AND BROAD ARE A HANDFUL. BUT I WORRY ABOUT THE REST OF THEIR BOWLING ATTACK."

at THE OPEN

#herestoperfection

Get the facts
DRINK WISE
ORG.AU





A few drinks with

when I didn't really know what to say, hanging out with all the boys from around the world.

Brad Haddin. How good is he?

Well, he's *good*. I was disappointed with his first 25 Tests where he didn't transition from NSW to Australia comfortably; he just wasn't keeping for Australia the way he kept for NSW. So there was work to be done on him. But he's got it right now. He got through some injuries and he came home once. But he's really settled into a great rhythm and has been a better than consistent performer the last three or four years and that's great ... he's a consistent performer with *brilliant* days. And that's what you want.

Do you know him well? Has he ever asked your advice?

Yeah, we've been working together closely for the last couple of years. We've always been close, but there's always been 'keeping coaches in there - so he's had "Stumper" (Steve Rixon) at NSW and other 'keeping coaches along the way. But the last couple of years he's come to me and we've worked very hard together, actually. We've had sessions for the last 10 or 15 years, but a few things have finally dawned on him in the last couple of years where he's gone, "So, that's why you did that ..."

Got an example of that?

Well, I have a golf ball drill that I always teach to kids and elite 'keepers. It's one drill as a wicketkeeper you don't need anyone else to do; you don't need anyone to throw or hit something, which is what some team-mates get cranky with. So you go and work on a lot of valuable things on your own, whether it be your posture or your leg power or watching the ball into your hands. But it takes some time to feel the rhythm in that drill, and he'd never really given it enough time. It was only prior to the West Indies tour this year that I said, "That's as good as I've seen you do that." And he said, "Yeah, I've just worked out how good it is!" I reckon I first taught him the drill about 15 years ago at the Academy in Adelaide and he hadn't really given it the time or felt the value of it until now.



You used to find a basement car park, didn't you?

Yeah, *anything*. Anywhere with decent surfaces that would allow you to practise what you need to. Plenty of time cricketers leave practice and they didn't quite get enough or weren't happy with how they went - that's a drill that can top that off for you.

Who's going to be our next Australian wicketkeeper?

I think they've got it right. Once they demonstrated that they weren't going to pick Chris Hartley, who I thought was the best gloveman in the country and had been for some time, I think Peter Nevill is the next one. I think they've got the right man in the wings anyway, so let's see if and when he's ever needed. Haddin and I would say you wouldn't finish after an Ashes series - unless you get dropped. But Ashes series, on to summer - that might pull Hadds up.

I know you've probably been asked this a hundred times. But you were



ABOVE LEFT Keeping the faith with Brad Haddin. THIS PIC Australia's custodian-in-waiting, Peter Nevill.



Driven to perfection

behind the stumps when Shane Warne delivered his first ball in an Ashes series in England ('93). Did you get as big a surprise as Mike Gatting did?

No, I didn't. I mean, the freakish thing about it was that it swung viciously and then spun *just* enough, and Gatt was *just* slow enough, and it *just* clipped the off stump, so it was all a series of *just* perfects. We'd seen him bowl that ball before in New Zealand on the tour just prior to that, so that type of shape and control, line and length and spin didn't surprise us. But to do it against the batsman with the biggest reputation against spin, and to just

clip his off stump, on your first ball, that was the freakish thing about it. It was on that NZ tour when he had to start pitching the ball outside leg, because they were missing the ball by six inches. So that shape he'd already worked on.

Any other bowler give you that sense of anticipation that something amazing might be about to happen when they took the ball? Was Warne the best bowler you ever kept to?

Yeah, he would have been the best. And a delight to keep to for the first three and a half days. The last day and a half becomes a real challenge.

And a delight to captain through all that, I'd imagine. He was able to stay economical on day one in Perth, for example; bowl into a breeze and let the quicks come downwind. It still wouldn't have worked as well if the bowlers at the other end weren't that flash, so the young McGrath was great to come through and bookend with Warne, and then you put two other quicks in there who could really let rip, so those two bookended some great performances for a long, long time – mainly after I finished. I thought the side just after 2000 should be called one of the best sides in the history of cricket.

Who were the others?

Well, they'd go next to Chappell's era, Bradman's era and the Invincibles, Armstrong. But I think the best cricket side there's ever been, the strongest combination, was the West Indies between 1980 and 1995 – certainly the early '80s. You have to be careful because not all the greats played in the one team, but I think the West Indies could assemble the best side cricket's ever seen.

And there you were knocking them off over there in '95 ...

Well, they were pretty weak then by comparison. I mean Viv, Gordon,

Dessie, all finished. And they were down to Curtly and Courtney, so Malcolm wasn't there. It wasn't the side we wanted to beat – we tried to have a go in '91 at beating them when that team was there, but we couldn't. So we had to wait till the team changed. And that's why England's been pretty disappointing, I reckon. Since 2005 when they beat our good side in that great Ashes series, they then lost the next series five-nil. That's just unacceptable. If you beat the number-one side, you've got to be close to the number one side ... And they just dropped off the earth.

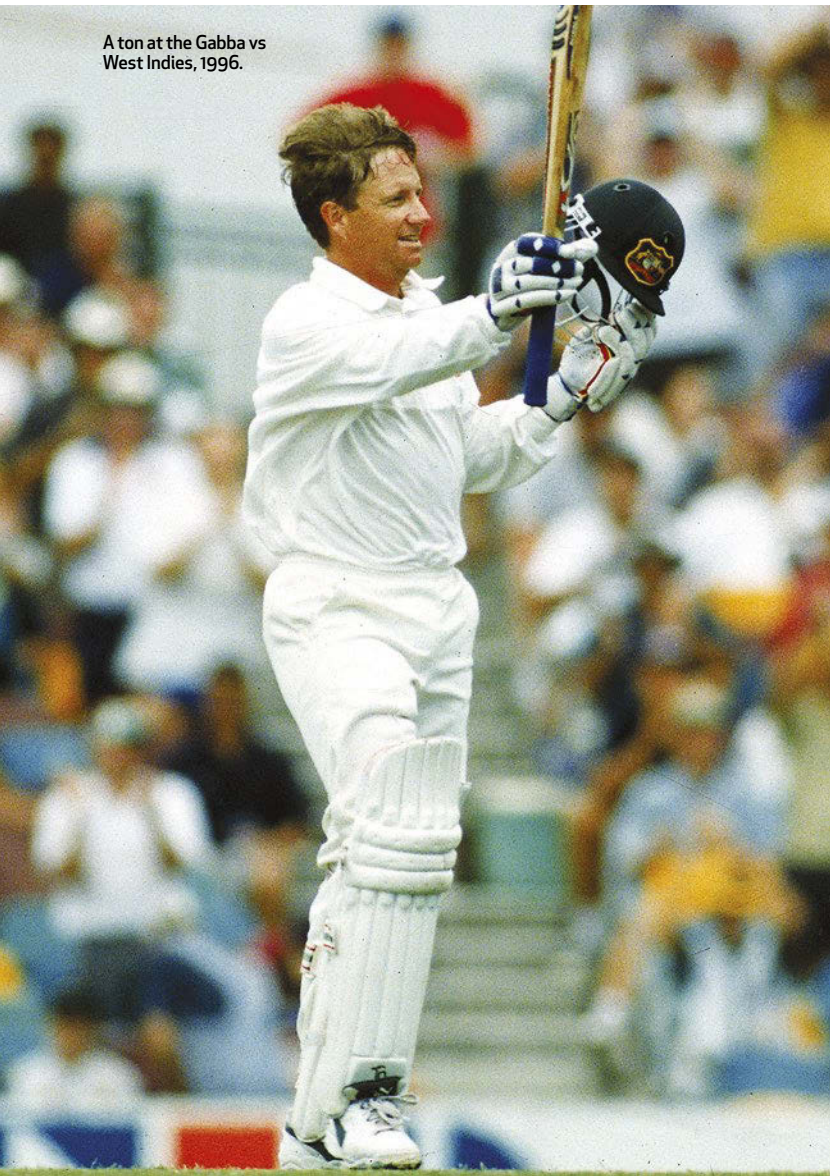
Tickertape parade in '95, though. There was a lot of celebration of that win.

Yeah, well, we had a couple – the '89 Ashes, when we reclaimed them back after a while. But the West Indies hadn't been beaten home or away for 15 years, so it was big. Looking back, we should have won in '91, but it was just so foreign to think you could beat the West Indies in the West Indies.

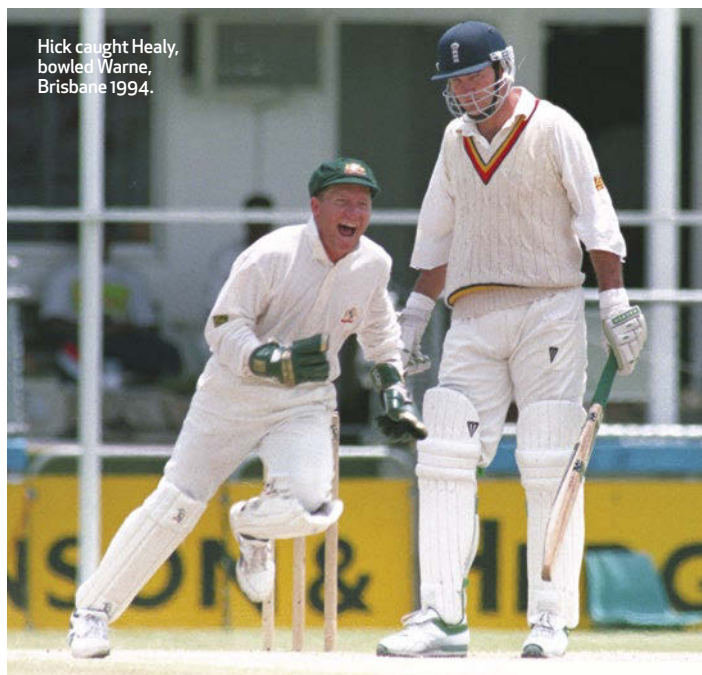
When was the last time you trotted out your bowling impersonations?

Long time ago, but I'm the right shape for a lot of them now. I don't need the cushion up the shirt for Merv!

A ton at the Gabba vs West Indies, 1996.



Hick caught Healy, bowled Warne, Brisbane 1994.



PHOTOS BY Getty Images

at THE OPEN #herestoperfection

Get the facts
DRINK WISE
ORG.AU



Hot Shot

The Man's reach did not exceed his grasp – of the French Open trophy, that is. Stan Wawrinka once again broke the Big Four's hold on the Grand Slam titles, shocking Novak Djokovic in the Roland Garros final. The Swiss showed similar grace in the aftermath, almost sorry for denying Djokovic the title.

PHOTO BY JULIAN FINNEY / GETTY IMAGES







STAR★SEARCH

APPARENTLY, THEY'RE OUT THERE: THE NEXT AND BEST GENERATION OF AUSTRALIAN OLYMPIC ATHLETES WE'VE EVER YET SEEN. BUT AS THE COUNTDOWN TO RIO 2016 BEGINS, AND WITH OUR TOP ATHLETICS AND SWIMMING TEAMS HEADING TO THEIR VITAL WORLD CHAMPIONSHIPS THIS MONTH, THERE'S JUST ONE LITTLE PROBLEM: WE'VE STILL GOT TO FIND 'EM.

By **TRAVIS CRANLEY**



SHE WAS a voice on the radio, a couple of years back, when the shock, fear and dread of Australia finishing – *gulp!* – tenth at the London 2012 Olympic Games was still fresh and supposedly character-deforming in our collective national psyche.

She was out of the city somewhere, in one of those large rural bases that dot the country, and she had a purpose. It was a sports talent identification clinic for teenagers, and the woman, a national sports executive, was on a recruiting mission. She was a big game hunter, a big *Games* hunter. I never got her name, but I still remember her message.

"We're not looking for athletes here today," she said, dismissing the thought. "We're looking for gold medallists."

And so it begins. Anew. Again. The great merry-go-round that is the magnetic pull, the headline draw, the funding banshee cry of Australia's obsessional pursuit of Olympic medals.

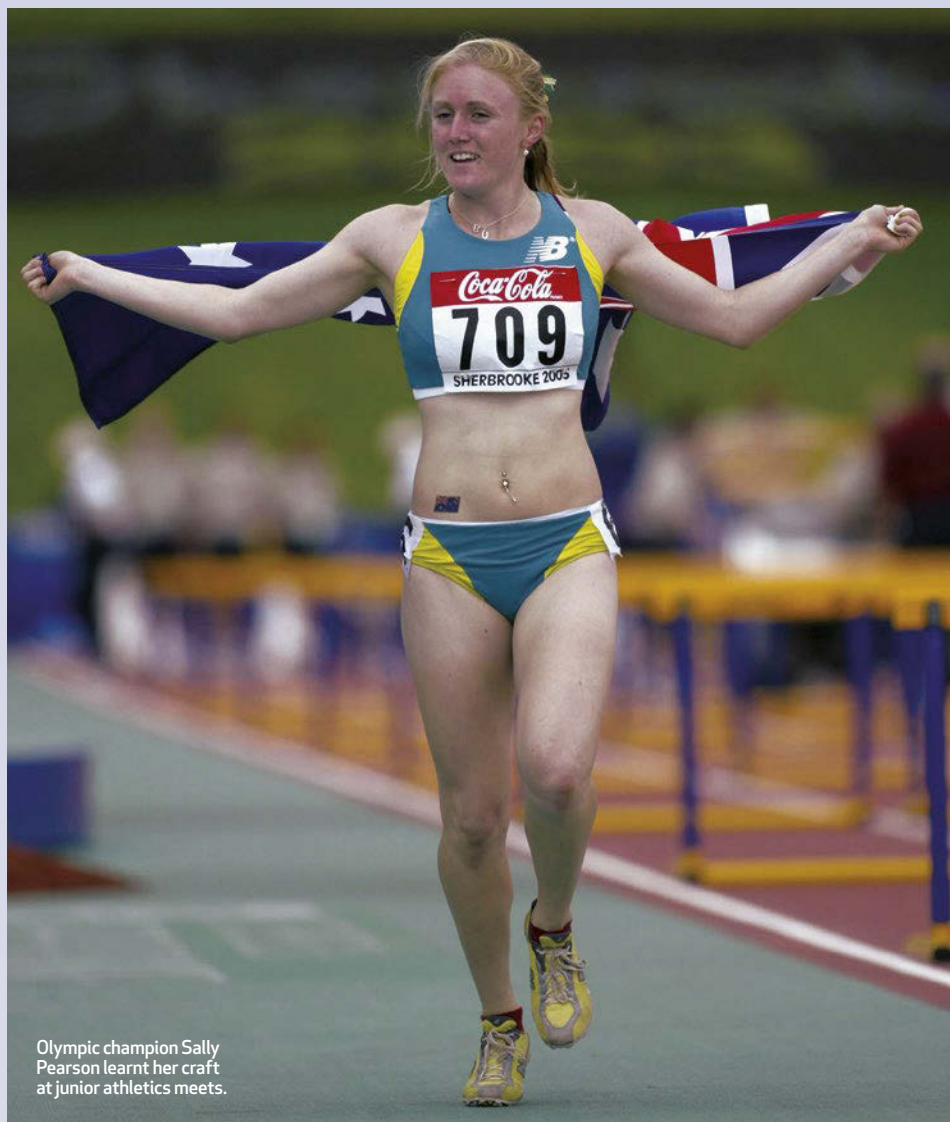
Since London, a line in the sand has been drawn, an attitude of targeted excellence established, as represented by my radio muse. It is this: national policy decrees Australia must rise again to be a top five Olympic nation, preferably as soon as the Rio 2016 Games, which begins less than a year from now.

"It's always good when you've got a goal, a target, and it adds focus if it's something that you've achieved before," says Simon Hollingsworth, chief executive officer of the Australian Sports Commission (ASC), the country's peak body for sport. "Next year to make top five [in Rio] will be very, very difficult, but we want to know we are making headway before Tokyo [host of the 2020 Olympic Games]."

Of all the statistics in sport, none rankles or regales Australia quite like the quadrennial Olympic Summer Games medal tally. And none, significantly, has greater impact on the broad public-funded sports industry so intrinsically linked to this random-rich reference point of excellence. Results determined by the fractions of a second or the vagaries of wind direction can create the framework for budget decisions concerning tens of millions of dollars – a curiosity made even more intriguing by the fact so few people can ever correctly *recall* just how many medals were won at past Games.

For the naysayers and the doomsdayers, we are riding out a Games doldrums. Australia's past four years can be quickly abbreviated to this: our worst Summer Olympic Games performance at London (35 medals, including seven gold) since Barcelona 1992; our first Winter Olympic Games since 1998 in which we didn't return with a gold medal; and our first Commonwealth Games in which we didn't lead the medal table since Edinburgh 1986.

Reason to worry? Well, yes, especially if, like Hollingsworth, you're employed and entrusted with developing and defining Australia's sporting talent and identity.



Olympic champion Sally Pearson learnt her craft at junior athletics meets.

Which is why the minds have been churning, the wheels turning, in boardrooms and think tanks and elite training centres around the country.

And, since London 2012, a quiet revolution has taken place, one which has transformed the funding streams and elite performance benchmarks and pathways in this country. This revolution has not been televised; it has hardly even been advertised, but its impact both immediate and long-term will directly define the next decade of Australia's involvement in major Games events.

Most remarkable of all, this mountain of money, management, policy and bold intentions is underpinned by one unchallenged, upbeat conviction: that there are young men and women around Australia with the talent, the motivation and the character to thrive as elite athletes, that they can be located and their skills nurtured and developed in a high performance environment, and after years of training they can prove themselves better than anyone else on the planet. Forget mining: it's sports where this country is most reliant on its natural resources for future success.

"My firm belief is physical talent exists just about everywhere," says Australian Institute of Sport director Matt Favier. "Igniting that

talent and activating it ... that's the challenge for every sport."

THE WINNING EDGE

Does Australia still have its winning edge? For now, we can at least be sure we have *Winning Edge*, the most comprehensive strategic and administrative overhaul of Australia's elite sport governance since the 1970s.

Launched in November 2012, *Winning Edge* is now the policy platform and mission statement that provides an integrated, strategic approach for moving Australia from "world class to world best", to steal from its own promotional material.

Before it could begin such a Sisyphean task, the architects of *Winning Edge* first had to kill off a predecessor which had also advocated a radical shift in Aussie sports funding: the Crawford Report. Released in 2009, this report glumly, albeit sagely, floated the idea that Australia's medal ambitions may need to be checked, with *participation* in sport a priority over success in elite sport. Media gave the recommendations a beating from which the report never recovered.

The Crawford Report didn't get the chance to tap out. It got thumped from



LONDON 2012 MARKED THE END OF AUSTRALIA'S HISTORIC HAT-TRICK OF GOLDEN GAMES



Jessica Fox is the offspring of foreign-born parents who both won world championships in her sport. ABOVE London came calling for Australia's Olympians in 2012 ... and sent them home heart-broken.

behind with a brick. At the launch of *Winning Edge*, at the spiritual home of Australian sport, the Melbourne Cricket Ground, ASC chairman John Wylie said, "The Crawford Report into sport a few years ago advocated a lowering of expectations. We reject that notion."

Wylie then went on to define the national targets as outlined in *Winning Edge*: "Top five in the Olympic Games and retaining our top five position in the Paralympic Games; 20 or more world champions every year; number one nation in the Commonwealth Games; and a top 15 finish in the Winter Olympic and Paralympic Games."

The motivation for all this was, of course, London 2012. It marked the end of Australia's historic hat-trick of golden Games: Sydney 2000 (58 medals, including 16 gold, fourth on the medal table), Athens 2004 (50 medals, 17 gold, fourth) and Beijing (46 medals, 14 gold, sixth).

As Australia fell to tenth in London, fans gritted their teeth firstly at the success of arch-rival Great Britain (65 medals, including 29 gold medals, behind only the United States and China), and then later as the tales and official reports of the antics, immaturity and infighting of some members of Australia's London 2012 team, most notably within the swimming and athletics squads, came to light. (See *Twin Towers*.)

Hollingsworth is quick not to disregard the achievements of Aussie athletes at London 2012. "If there was a disappointment in results, it lay in the reference points of history," he says.

"But [London 2012] also gave us the impetus to change. If not for London, the feeling may have been to just keep on doing what we were doing as opposed to initiating a complete overhaul of the system, which is what we've done with *Winning Edge*."

CHANGE AT THE TOP

The changes brought about by *Winning Edge* have been from the top down, impacting the structure of the ASC and, most notably, the role and responsibilities of its pinnacle operating division, the AIS. For historians, it appears a meeting of providence and precedence: the AIS was established after Australia's Olympic nadir at the Montreal 1976 Games when we failed to win a gold medal. More than 35 years later, results at London have proved the tipping point for a radical overhaul.

Favier, the head of the AIS, took up his post in March 2012, less than six months after Hollingsworth had started as CEO of the ASC. Both are former international track athletes for Australia, and after diverse professional careers here and abroad, they share a common purpose of reviving Australia's sagging sporting spirits.

Favier, returning to Australia from working for the billion-dollar juggernaut that was UK Sport, the "No Compromise" body that powered the Team GB Olympic campaign, quickly recognised the need for a strategic shift. ►

"I did not get a sense when I came back [to Australia] that there was an organisation that had a focused responsibility for driving, supporting and giving full-time attention to the delivery of the resources and services required to achieve international performances," he said. "We needed to make changes as to how high performance sport was delivered in Australia. The implementation of *Winning Edge* to the AIS means we have redefined, and *continue* to redefine, ourselves as a strategic high performance sports agency."

The AIS no longer has a scholarship program for athletes. It no longer employs coaches. Such responsibilities now rest with national sport organisations (NSOs). Instead, the AIS sits atop a strategic tier system of athlete support, with the NSOs and state-based institutes and academies all buying into this integrated model. Importantly, there is also buy-in to this system from the Australian Olympic Committee. The AIS is now also responsible for overseeing the investment to the 37 sports aligned with *Winning Edge* – a sum of \$110 million for 2014/15 alone. (See *The Price Of Gold*.)

"Don't forget we had 32 years of history of working in one way [at the AIS], and so to stop doing something that had been so successful previously, we were making a significant shift in the way the organisation operated," says Favier.

Adds Hollingsworth: "The task was to redefine not just the role of AIS, but how the sector operates as a collective. What I'm most proud about is we've given the sector clarity about what we are trying to achieve."

IN TALENT WE TRUST

One priority of *Winning Edge* remains integral: investing in a "renewed focus on unearthing and nurturing Australian talent". Once, finding such sporting talent was a backyard industry – literally. Kids would play sports, some would prove better than others, and if luck and/or connections worked out, they'd rise to be Australian representatives.

Nostalgia for such simple times is tinged the colour of half-time oranges. Much is now

made that Australia has a relatively small population (23 million and counting) with which to take on the world. In short, we need every fit, healthy and willing young resource we can get.

And where do we find them? For all the science, the first and best breeding ground remains Australia's entrenched leisure and junior sporting club scene – the type of volunteer-rich/parent-engaged community organisations *Inside Sport* is celebrating with its new awards program, *The Clubbies* (see page 50).

Favier recalls watching a young Sally Pearson first learning her craft at Queensland junior athletics meets. Jessica Fox, the dazzling canoe/kayak-slalom dual world champion and 2012 Olympic silver medallist who deserves to be a break-out star of Rio 2016, is the offspring of foreign-born parents who both won world championships in her sport. Dual Olympic gold medallist Emily Seebohm joined a swimming club at age ten and found she couldn't stay away from the rush of competition. Her team-mates, siblings Cate and Bronte Campbell, were drawn to the local swimming club shortly after arriving in Australia from Malawi as primary-schoolers.

Growing up on the Gold Coast, reigning Olympic and world champion 470 sailor Mathew Belcher's sporting destiny was found at the end of a tow rope. "Mum and Dad were both boaties and each weekend they'd take me and my brother [Daniel, with whom Mat won the 420 world championships in 2000 as a teenager] out on the water. We used to tow a Sabot, which is a really small wooden sailing dinghy. We'd jump in it just for some fun and to keep us entertained."

Belcher, now 32, recalls a steady progression as his interest and skills in the sport developed. "I came through the ranks, then got involved with our school sailing [program], then continued to state-level, then to national level, and then on through to becoming involved in the Olympic squad."

Kim Crow swapped hurdles for oars. RIGHT Track and field stars Alana Boyd [L], Kim Mickle and Scott Reardon. BELOW Aussie head swimming coach Jacco Verhaeren.



REBUILDING THE TWIN TOWERS

For swimming and athletics locally, the time since London 2012 has been all about restoring internal order – and public confidence – in its elite teams and administrations. Both leading Olympic sports have lived through far-reaching internal reviews, and the associated negative publicity generated by the actions of a handful of athletes and officials.

Now, as supporters, we're about to find out how both sports are tracking before Rio at their respective 2015 world championships. Our swimmers (and divers, water polo players and synchro swimmers) head to Kazan, Russia, for the FINA World Championships from July 24 to August 9. The IAAF World Championships has Beijing's famous Bird's Nest stadium as its venue from August 22-30.

Australian swimming's bright and shining status was first tarnished by a disappointing London 2012 campaign, the only gold coming in the women's 4x100m freestyle relay, marking the first Games since Montreal 1976 in which Australia did not have an individual swimming gold medallist. It was then trashed as the stupid, selfish late-night escapades of the men's "Stilnox Six" before London 2012 and other negative storylines played out in the popular press.

In response, swimming appointed its first foreign head coach, Dutchman Jacco Verhaeren, in January 2014. Verhaeren, in his own words, brings "fresh eyes" to a program at times stunted by its own traditions and past glories. He enjoyed the relatively soft landing of the Glasgow 2014 Commonwealth Games, where both the men and women excelled.

For swimmers, the changes since London 2012 have been significant – and warmly welcomed. Emily Seebohm, an Olympic relay gold medallist in Beijing and London and six-time world championships medallist, says there has been "massive improvement" in the elite team environment.

"The culture now is really, really good," she says. "It was a lot about working together more – swimming is so individual, it is not [naturally] a team sport at all. It has been about moving our minds away from being individuals and thinking of it more as a team sport and becoming more team-involved to best support everyone."

In Kazan, Australia must do without the significant talents of the injured James Magnussen, recovering from shoulder surgery and thus unable to defend his 100m freestyle crown. Brittany Elmslie and Kylie Palmer, the last withdrawing to prepare a challenge to a recently announced 2013 positive test for a banned diuretic.

Seebohm, still just 23, will swim her usually busy program, with the 100m



THE AIS NO LONGER HAS A SCHOLARSHIP PROGRAM FOR ATHLETES. IT NO LONGER EMPLOYS COACHES.

But that's a long, tough road Belcher is describing so modestly: by the time he was selected for his first Olympic team in 2012, he had won multiple world titles in his 470 class.

It should be remembered that it was Belcher and his sailing team-mates that "saved" Australia's London 2012 campaign, winning three of the nation's seven gold medals – Belcher and Malcolm Page in the men's 470, Tom Slingsby in the Laser, and Nathan Outteridge and Iain Jensen in the men's 49er. The success has provided for a spike in high performance funding for sailing. Belcher also notes with pride that the trickle-down effect has been greater exposure for his sport and improved opportunities for juniors to access higher levels of competition.

But Australia's sporting future cannot be left solely in destiny's hands. *Winning Edge* has also instituted an annual "AIS Sports Draft", in which athletes aged 15 to 26 are physically tested to determine whether they have the potential to transfer their skills to new sports and disciplines. In its third year, the 2015 draft has ten stops across Australia in August and September, with the trials identifying athletes for track cycling, canoe/kayak, women's rugby sevens, boxing, judo and taekwondo.

In 2013 and 2014, more than 350 athletes were tested at the draft, with 35 being invited to join training programs. Many of these invitees – from backgrounds as diverse as Aussie rules and basketball to acrobatics and dragon boat racing – have found themselves at "combat sport" training camps for Olympic pursuits such as judo and taekwondo. The ranks of women getting involved is especially pleasing to administrators like Hollingsworth and Favier.

One Olympian well-placed to understand the challenges which await these intrepid transferees is Naomi Flood. A brilliant surf lifesaver, Flood enjoyed international and national success before claiming the biggest prize in her sport, the Ironwoman series crown, in 2009. Soon after, at age 23, Flood made the brave choice to leave her first sport to pursue ►

backstroke and relays a priority. Watch also for the continuing rise of men's freestyle sprinter Cam McEvoy, sibling stars David and Emma McKeon, and the Campbells, reigning 100m world champion Cate and sister Bronte. Australia won three gold and ten silver swimming medals at the 2013 Worlds.

When athletics last loomed large in our national press, it was at Glasgow 2014 and then-head coach Eric Hollingsworth was being bounced out of Scotland after his extraordinary actions of personally releasing a press statement criticising hurdles queen Sally Pearson as she prepared to defend her Commonwealth title.

To no one's surprise, Englishman Hollingsworth was removed from the post soon after. His successor, Craig Hilliard, brings with him more than 30 years of experience as a senior coach, much of it spent with the Australian Institute of Sport. He appears well placed to not only steer athletics back on track, but also to ensure his sport reaps maximum benefit from the initiatives of *Winning Edge* and its future-focused programs.

Appointed in April, Hilliard's strength is his versatility and knowledge across athletics' broad spectrum of events: he has coached champions including hurdler Jana Pittman, long jumper Jai Taurima and walker Nathan Deakes. He's also called on relationships built up after a lifetime in the sport to repair some broken fences. Meeting and engaging with athletes and

coaches has been a priority in his first few months in charge.

"We're a diverse sport, there's no question about that," says Hilliard. "As a team, we may get together realistically only once a year apart from national championships, and then that's for a major event, a world championships or an Olympic or Commonwealth Games. Our athletes have such diverse competition plans and training plans and their programs are so varied, depending on their personal needs, talent level and physical preparation."

In Beijing, Hilliard will be without team talisman and leader Pearson, the 2012 Olympic champion tumbling out of the Worlds after injuring her wrist in a race fall in Rome in June. In her absence, javelin star Kim Mickle, a silver medallist at the 2013 Worlds, three-time Olympic walking medallist Jared Tallent and former world discus champion Dani Samuels will spearhead a team that includes emerging stars such as high jump's Eleanor Patterson, steeplechaser Madeline Heiner and walker Dane Bird-Smith.

While Hilliard has retained Pearson as team captain, he's appointed four "deputies" for Beijing: Mickle, walker Chris Erickson, pole vaulter Alana Boyd and 400m hurdler Lauren Wells. Hilliard expects these veterans to "give strength, advice and leadership to the younger athletes". The competition will be hot in Beijing, but the road to Rio already seems to be better plotted than it was just six months ago.

her childhood dream of competing at the Olympic Games.

Flood soon found the waves and the havoc of surf events replaced by the flatwater and technical demands of kayak sprint racing, aided by the interest and advice of Olympians including Katrin Borchert. An accomplished surf ski paddler, Flood effectively had to learn a new craft – and save herself from sinking. “For a long time I had tried to figure out how I could compete at the Olympics,” says Flood. “The paddling seemed a natural fit because of my surf ski background.

“Then I jumped in a kayak and it was terrible. I was hopeless. I couldn’t deal with it. I hated it. I could hardly stay out of the water. I had to learn a whole new technique, a new tactical way to approach paddling. There’s no easy or quick way to do that.”

Beyond the physical challenges, Flood also found herself mentally exhausted: “I was 23, and that is old to pick up a completely new skill set in a sport. I knew I had fallen so far, from being at the top of the pile in one sport to the bottom of the pile in kayaking. But the dream of going to the Olympics was still burning inside of me, so I got my head around it and was lucky to find great support for what I was doing.”

Flood raced in the women’s K2 500m with Lyndsay Fogarty at London 2012, placing 12th overall. For Rio, her focus is qualifying in the women’s K4 500m with fellow 2012 Olympians Jo Bridgen-Jones and Alana Nicholls, and newcomer Bernadette Wallace,

the younger sister of Beijing 2008 gold medallist Ken Wallace. A medal would cap an incredible journey for Flood.

Australia’s Rio team will surely include other inspiring examples of athletes who have taken up new pursuits, such as 2012 Olympic medallists Kim Crow (hurdling to rowing) and Rohan Dennis (swimming to cycling). By Tokyo 2020, the *Winning Edge* initiatives may have assisted other young Australians to reach the Games in disciplines far removed from their first sporting loves.

ONWARDS AND UPWARDS

At the ASC, Hollingsworth, a dual Olympian in the ‘90s, never loses sight of the sweat, toil, commitment and potential heartache that is the lot of the aspiring elite athlete. The medal dreams of a nation rely on their efforts. The successes we all want to share; anything less we too comfortably leave well alone.

“Every athlete at the international level is training hard, doing the little things they need to do to continue to improve,” he says. “And still very few make it to the top. And there are even fewer who get to stay at the top and enjoy sustained success.

“The odds of achieving as an elite athlete are quite low. Can you imagine the job ad? ‘Please reply: low-paying job, long hours, lots of physical pain, occasional rewards [maybe], chance of setting yourself up financially for life: low.’”

Roll up, young Australians. Roll up. ■

THE PRICE OF GOLD

With *Winning Edge*, the Australian Institute of Sport (AIS) now manages high performance funding across 37 sports. For the 2014/15 financial year, this included \$85 million in grants to National Sport Organisations (NSOs) for able-bodied sports, as well as further \$12 million in direct athlete support.

Money talks, and, as the list below proves, so do medals. Here are the top ten Summer Olympic Games recipients of *Winning Edge* funding for 2014/15.

SWIMMING	\$8,415,000
SAILING	\$7,550,000
ROWING	\$7,400,000
CYCLING	\$7,360,000
ATHLETICS	\$6,520,000
HOCKEY	\$5,840,000
BASKETBALL	\$4,780,000
CANOE/KAYAK	\$4,700,000
WATER POLO	\$3,385,000
VOLLEYBALL	\$2,460,000

*Note cycling’s funding is for all disciplines: road, track, mountain bike and BMX. Volleyball receives funding for the highly regarded men’s indoor program and the women’s and men’s beach volleyball program.

THE BEST BREEDING GROUND REMAINS AUSTRALIA’S ENTRENCHED LEISURE AND JUNIOR SPORTING CLUB SCENE.

Which Aussie athletes will be meeting Rio 2016 mascots Vinicius and Tom?



Discover your Sport at the Ultimate Sport Expo!



**Bringing together a multitude of sports into one venue to create
the largest sport expo in the southern hemisphere!**

- Wholesale and retail suppliers
- Sports stars and celebrities, industry leaders and officials
- Education Institutions offering advice, training and seminars
- Over 60+ local, state and national sport clubs and organisations
- Indoor stages and seminar rooms
- Over 30+ sporting displays and competitions
- Open sport industry trade show on Monday
- Expected 40,000 fans, spectators, participants and visitors over 3 huge days!

For information on becoming an exhibitor or valued sponsor, please
contact info@ultimatesportexpo.com or Jason on 0403 506 657

corporate partners



Proudly supporting
our charity partners:



contributing sports



* sports confirmed at time of printing

NOMINATE YOUR CLUB & WIN



DO YOU BELONG TO THE BEST SPORTS CLUB IN AUSTRALIA?

At *Inside Sport*, we admire our great champions – but we understand that our elite athletes' success would never have been possible without the support provided by a volunteer army of weekend warriors who keep the engine of community sport ticking over.

It's **grassroots sport** that is the heartbeat of all Australian communities, bringing people together in healthy competition, keeping them fit and active, building connections and friendships. And grassroots sport is driven by a legion of characters of all ages, shapes and sizes, abilities and disabilities.

These "legends in their own backyards" usually go unrecognised. *Inside Sport*, in partnership with the Confederation of Australian Sport – the peak body

representing 90 sports in Australia, with its charter of "Sport For All" – wants to put that right. **We want to find the truly unsung champions of Australian sport – and then reward their clubs with great prizes to improve their facilities.**

For our grand prize, the Best Club, we have a sensational Hyundai iMax to win – the perfect vehicle for teams on the move.

So do something great for your club and enter The Clubbies!

www.insidesport.com.au/theclubbies

A HYUNDAI IMAX WORTH OVER \$40,000!

TO NOMINATE, GO TO ...
WWW.INSIDESPORT.COM.AU/THECLUBBIES



HYUNDAI

HYUNDAI iMAX For Lives Lived Large

iMax offers exceptional seating flexibility for eight people plus cargo, in a stylish shuttle



The Clubbies will be presented in six categories.

- 1. BEST CLUB**
- 2. BEST COACH**
- 3. BEST PLAYER**
- 4. BEST CLUB STALWART**
- 5. BEST SPORTING EDUCATION**
- 6. BEST TEAM**

We're not necessarily looking for the "winningest" coach, player, team or club. We want to reward effort, integrity and sportsmanship. We're looking for great stories of dedication, overcoming adversity. We want to then put their names in lights in this magazine. **Winners will be announced at the Ultimate Sport Expo at Melbourne Showground (November 21-23).**

To enter yourself, your team-mate, your coach, your club, or someone you know, just go to the website:
www.insidesport.com.au/theclubbies



You'll find all the information you need there, including the judging criteria and process, plus the terms and conditions.



THE DANE SWAN EFFECT

HE SEEMS THE MOST UNLIKELY OF CHAMPION FOOTBALLERS.
BUT DANE SWAN DOESN'T CARE, SO WHY SHOULD WE? *THIS IS WHY.*

By **ROBERT DRANE**

The Dane Swan effect has at least partially relied on impressions. That's how he scurried underneath the pack's awareness in the first place. They say of him that what you see is what you get. But what you see is only *part* of what you get. In 2007, we were busy seeing something else – probably discussing where to clear floor space in the Hall of Immortals for Hodge and Judd – when Swan scampered through the tradies' entrance and pinched himself a podium.

In fact, nothing Dane Swan says and does is contradictory in the slightest. The contradictions are in our heads. It's hard to imagine any public figure who contradicts himself *less*. When he finally emerged in the media, in 2007, we were a little unprepared for the sharpness of his flat-toned, straight-faced wit because we *thought* he was a dullard. In fact, we'd pegged him as a top-shelf bogan icon; up there with Warne and Corby. In interviews we suspect his initial ripostes are set pieces, soon to be exhausted, and expect he'll be sitting there like a stunned gosling the rest of the time. That's what they expected the first time he appeared on *The Footy Show*, in his thongs, and they laughed from beginning to end. Even sarcastic Sammy Newman was rendered helpless by Swan's crippling retorts.

He is no moron. He is not even an oxymoron. The way he lives and plays is some kind of complex trope. Teachers from his old school in Essendon aver that he had flair for language and respect for authority. You might be surprised to learn that this party creature, utilised by coaches as though they're compensating for a deficit of

attention, is in fact a reader, accustomed to focusing on the odd drawn-out passage. Yet, apparent every time he speaks is an impatience for the longueurs of play and social interaction.

He cares little about most things other people find important, and cares little who knows it. Once, arriving at the Lexus Centre the Monday after a heavy loss to Geelong, he was confronted by a journo who asked him if the "boys were concerned". "Nah, we were happy with it," he said as he brushed by.

The journalist chortled, "Happy to lose by 96 points?"

"Disappointed we didn't lose by a hundred."

Later, it was cited as he was presented *Before The Game's* Most Valuable Smartarse award. "Ask a stupid question," he said, proudly accepting the award. Well, as proudly as Dane Swan accepts anything.

We were astounded by his surge through the ranks to become one of the best midfielders ever, because we only *perceived* him as dissolute, prodigal, unheeding of the demands of AFL football. Opponents *still* seem taken by surprise. They don't see any of their own hard-won abilities in this one-sided, funny-running leftover who is, in fact, the most modern of footballers; who gets all the ball with,

seemingly, few of the skills and little of the fitness opponents need to even approach his volume and quality.

Watch him long enough and you find unequivocal beauty in the game of this man named Swan who runs like a duck. Sway back, backside out, shoulders rolling – much like Parramatta's Chris Sandow – he somehow glides deceptively. He has other similarities with Sandow, who'd love the opportunity to play his own game the way Swan does. Swan is quicker than he looks. He never fails to get the lion's share. He's a massive influence. He's more athletic than he admits, and most give him credit for. With his one unacclaimed kicking leg, he's hoiked the odd 70-metre match-winner with ease, and he's kicked them on both sides, all with that distinctive jab.

But he's a footballer. A good, old-fashioned footballer who appeals to a workingman's aesthetic. He gets the football in a footballer's way. The skills are sound. He rarely fumbles. Just like his old man, Billy, he's expert at reading the game, being where the ball is, getting his hands on it and sending it where it should go.

He's taller than people think, too. At six-feet-one-inch, or 185 cm, he's no small rover type, even though Collingwood reveres him now like Bobby Rose, Tony Shaw or Lou Richards. Swan plays like Robert Plant ▶

**NOTHING DANE SWAN SAYS AND
DOES IS CONTRADICTIONARY IN THE
SLIGHTEST. THE CONTRADICTIONS
ARE IN OUR HEADS.**

used to sing: with untutored technique – simple, sound, powerful and far-ranging. Like Artie Beetsen played rugby league; like Thomson bowled and Lehmann batted.

But contradiction? No. That's just people's way of explaining his odd trajectory.

There are dazzling artistes who embody potential, and die with every note of the music still in them. There are bright prodigies, sung about from the beginning, eulogised when they die. There are outstandingly brilliant performers, like Dane Swan, who just don't begin that way. Many take the expected path into dark forests of obscurity when their lack of essential skills, or even innate ability, lets them down. Not a word of their greatness is heard, unless a guide comes along. Swan, unlike another of his kind, Sam Mitchell, was lucky. His advocates happened to come from the biggest club in the land. They saw something, and drafted him way down at pick 58 in the Greatest Draft of All Time: the Judd-Ball-Hodge draft. Only Hodge is left of that trio, but Swan is way down no one's list any more.

Collingwood knew their history. They pick a lot of players the way they picked Swan. This is part of their genius, beginning with Eddie McGuire, who surrounds himself with similarly astute judges. Eddie was always more than a voluble reporter able to use his chosen medium as an outlet for his vast repository of opinions. He sees things coming and anticipates excellently. He has an eye for a talented kid from an average background. He saw a "ball magnet with an awkward running style". He also has an eye for pedigree. He knew Billy Swan was an excellent footballer, a late developer, who might have made it to the summit but for

quirks others might call flaws. He saw Billy's son, Dane, but understood he could go either way. Two years ago, McGuire told Martin Flanagan, "I'd seen it before with young blokes from his background – their mates either get in and support them, or they drag them down." What he saw, in fact, was ambition and determination, not for football, but for having fun. But he, and Mick Malthouse, also saw he had a switch. It was a matter of accessing it. They did, and they threw it, just in time. It saved Dane Swan's career and salvaged his life.

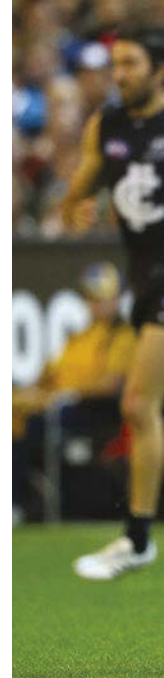
But don't get Swan wrong. He knows when to flick it off again and default to fun.

Fun, after all, attracted him to the game, fun kept him in it, and the dying of fun will see him turn his back on it. Even today, Swan talks of football as though it's not essentially interesting enough to sustain his interest without the fun factor.

Swan's idea of a life well-lived is as uncomplicated as his football, and therefore his actions are never difficult to clarify. "Who *doesn't* love a good time?" he once explained to that most dedicated and intelligent of footballers, Gary Ablett Jr. "You don't like sitting around having *bad* times."

When Swan was drafted by the Magpies as a 17-year-old, he was at "schoolies" week, on the Gold Coast, and that, right there, was an ambition fulfilled. Not being drafted – being at schoolies. He got the news, was told his flight back to Melbourne had been booked for the Monday, and because he'd only been on the Coast for a day, "politely declined", telling Collingwood they'd need to wait until the week was over. No hope of an early return. Life was not about football. It was about – well, you know.

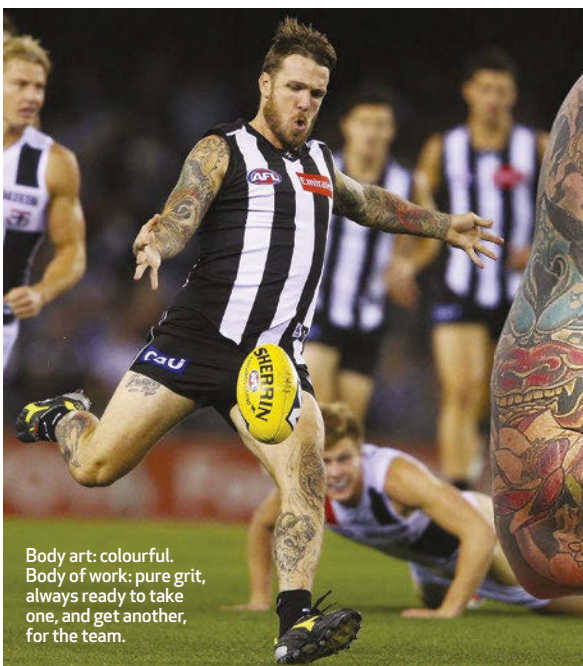
He was "a little bit dusty" when he finally



turned up to training, late, after celebrating with "everyone in Westmeadows". Assistant coach Dean Laidley cheekily informed the boys Swan was the kid who chose to stay at schoolies rather than train with them. It was enough to make club freethinkers Chris Tarrant and Ben Johnson like him instantly. Ironically enough, they'd become mentors of sorts.

His first awareness, ever, of football had everything to do with fun, celebration, and Billy Swan. Billy flourished during the VFA's greatest era of biff, when Victorian Sunday arvos were taken up with live telecasts, and VFA players were as famous as their VFL counterparts. Billy, a

HE CARES LITTLE ABOUT MOST THINGS OTHER PEOPLE FIND IMPORTANT.



Body art: colourful.
Body of work: pure grit,
always ready to take
one, and get another,
for the team.





As he racked up the touches, Swan chased down the kind of status reserved for his '01 draft class-mate, Chris Judd.

VFA legend who still holds the games record, put on display, week after week, the genetic traits he'd deliver halfway through that career (1984) to a son.

Billy had done something unprecedented in those intensely confrontational, wild days of VFA: he left a team to play for its most savage rival. Port Melbourne thought Billy might be past it, at 32, and decided not to meet his pay demands. Billy played 219 games for Port, including four premierships and two Liston Trophies. Then, with Williamstown, he continued to be the leather-wolfing force he'd always been, pinching them a premiership win with one last-second, wonky, mongrel punt from a long way out, when it was thought to be beyond his distance. That was 1990. Little Dane looked on in stunned wonderment, his putty imagination preserving detailed imprints: the dodgy arc, the flapping flags, the uninhibited euphoria; his dad, a hero, the centre of jumping jubilation. Football was, suddenly,

everything ... It looked like fun.

Dane was good enough to play with the Calder Cannons in the TAC Cup, but not good enough to stand out, it seemed. Even when he was shifted from forward pocket to centre, where his guileless, straightforward, see-it-get-it-kick-it approach instantly transformed his meagre bangers-and-mash into gourmet buffet, and many AFL scouts saw him play, impressions had kicked in like shutters: not much of a kick; abilities so average only a herculean stomach for toil would make them work at all – something he clearly didn't possess.

Those impressions, eh? It was a safe bet they'd never be proven wrong. After all, talent rises to the top *somehow*. Flair flares, *occasionally*. Genius cannot help itself; confinement is not its thing. Swan was even dropped by the Cannons not long before Collingwood picked him up. For the first time and not the last, Malthouse stood at a crucial juncture in his career, and life. He addressed the Cannons. "Don't worry what

you've done so far. We focus on how you play big games." Swan took his words to heart, and for the first time, played with hope. "I ended up being Cannons' player of the finals, and Mick was true to his word, because Collingwood was the only club to speak to me." In the final, the Cannons defeated a Geelong Falcons consisting of The Dux, Hodge, The Deluxe, Ablett, future Brownlow medallist Bartel, future premiership captain Maxwell. The urchin had a ball upmarket – plenty of ball, in fact.

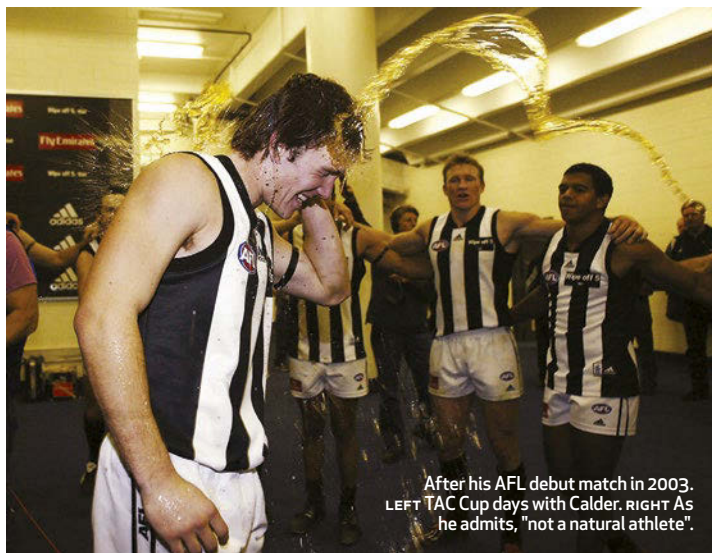
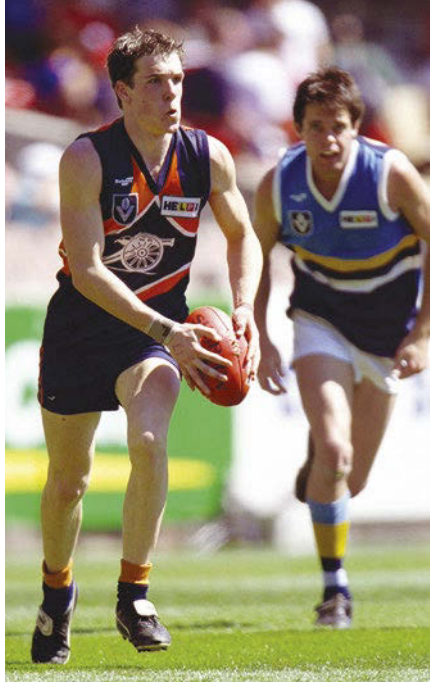
Collingwood's recruiter back then, Noel Judkins, was curious, despite word abroad concerning that work ethic. "Athletically, you thought, 'Oh shit!' But he didn't fall over. He had that ducky running style, but knew where to go and what to do with it." Judkins also commented that he was "not exceptionally fast".

Yes, Collingwood knew their history, yet they balked at the draft, taking three other picks. It looked as though the door had slid shut. Then, after other teams, exercising the new wisdom of recruitment and evaluating Swan "holistically", passed him up, the 'Pies picked him at 58. Hawthorn were passingly interested before taking a young bloke driven with desire, Sam Mitchell.

He was drafted, but back then he didn't see it as a lifeline. He was always destined for a good time. A football career was another matter. The draft camp was something else he missed for schoolies. The draft camp! For an aspiring AFL player, the draft camp is the first glow of privilege, singularity, specialness. It's the Vienna Boy's Choir; the Rhodes Scholarship, NIDA. He made it clear it wasn't a priority. The only thing selective about him was his attention.

The feeling of privilege came slowly. He understands it now, after a deluge of mostly unwanted awards, but still doesn't feel entitlement, or even pride, at his astonishing achievement over the past few years. It's just as well he missed that camp anyway. There's barely a test he'd have passed, and he's in good company there – mostly the company of historical figures. Footballers, ►





After his AFL debut match in 2003. LEFT TAC Cup days with Calder. RIGHT As he admits, "not a natural athlete".

not athletes. "I must admit," he says, "it's easier to run for an incentive, when you know there's going to be a footy at the end of it. Running around a track doesn't really do it for me."

It sounds way too straightforward. Dane Swan had something unsavory, but it was large. There had to be subtleties in there to make it work, like the first gathering zephyrs of a hurricane.

Some saw a gathering force of nature. There were those who suspected it would stay confined. When Swan arrived at Collingwood, Nathan Buckley, a walking skillset still voracious for a premiership, still finding it hard to reconcile his newfound leadership attributes with an old intolerance for mediocrity and failure, wasn't excited. Imagine Shane Warne, 1991 version – no achievements and a mostly untried talent that might turn out to be mere rumour – shambling into the Australian team Waugh captained eight years later.

To say Swan is almost habitually philosophical about anything that happens to him, for good or ill, is to attribute to him way too much introspection. He says it exactly as he feels it, and that's easy, because feelings rarely come into it. "I'm sure [Bucks] didn't like me much," he said in 2010. "I was this kid who just wanted to get out and party with his friends and thought he could use AFL football as a way to have a good social life."

For most of his first three seasons, he didn't look like holding down a

senior spot. He was considered a reprobate, a delinquent, not worth the trouble. Even Magpies fans wondered. While the scrubbed boys of the 2001 draft were all coming along nicely uptown – Judd, a Brownlow, Hodge, trump card in a great team, Ablett, on his ascent, Ball, an extraordinary influence, Pavlich, Dal Santo, Bartel, high achievers all – a more sensitive man than Dane Swan might have been mortified, paralysed, by the feeling of down-at-heel inferiority.

None of this was helped by an incident in 2003 that changed his life in many ways when it could have changed his life in many other ways. Out with his cousin Aaron Ramsey, and Wayne Carey's nephew, Kade, he was involved in a fray with bouncers. It was accepted by the court that he and Ramsey merely joined the fight to aid Carey, but the incident permanently affected one of the bouncers.

Now it seemed he matched the caricature.

He was a cleanskin then, not a tatt in sight, yet he was depicted as a thug. That hard, thin-lipped Glaswegian stare and larrikin manner now took on a more sinister aspect. But it wasn't him at all. Swan had never been in trouble with the law, and had never really been a fighter.

His form hadn't been great at this time. The board wanted to sack him. Still, his advocates stepped in. Malthouse was forgiving, if stern. Whether it was manic denial, a sudden maturity, an existential moment, no one knows. Swan

just knows "the penny dropped", and every year after that was a noticeable improvement on the year before. "I just tried to repay the faith he had in me. I worked as hard as I could, and tried and tried. I still wasn't any good as a footballer, I just tried a lot harder."

The man he was born to be rose up. He always knew where a ball was going, but he developed something – ability or willingness or fitness – that enabled him to be there to meet it. Much of it had to do with that "work ethic" business he'd heard so much about. Suddenly there were believers at every turn. If it was a conspiracy, it fulfilled its aims. "Benny Johnson grabbed me in the pre-season and said, 'Look, I know you're not as fit as me, but just try to hang in with me as long as you can.' That's what I did for as long as I could until I'd drop off. Taz [Chris Tarrant] got hold of me in the weights room and said, 'Just try to keep up with me.' It sort of went from there, just trying to keep up with those two and their work ethic."

Johnson says, "We never knew how good



he was going to be back then." Meantime, he struggled until he found a way to engage. The moment he realised he cared didn't escape Malthouse's notice. It happened after a game in mid-2005, during which Swan was given a bath by Melbourne's Adam Yze. When Swan dissolved into tears, Mick saw another self-activating switch, and moved in. After all, sitting around having bad times is not Swan's thing. That was it. No more back-pocket flounderings. They played the eventual premiers, Sydney Swans, the next week, he thrashed forward star Ryan O'Keefe, and was never the same again.

Considering those limbo seasons, the fact that he now sits second only to Greg Williams on the list of all-time career disposals, averaging a slim 0.01 fewer than the immortal centremen, is astounding.

Swan is now the circle turned; the tipping point; such a complete throwback as to be the most modern of footballers; a child of interchange. He can be durable when the occasion demands, but he's most effective as a burst player. No one's rotated more. It suits him. It helps him defeat taggers. Because of his recuperative powers, he's often off the field for mere seconds. Swan is quick over ten metres. He's effective because he's deceptively so, like a boxer who keeps clopping opponents' chops because his reach is longer than they realise it is.

Like Warne, but without the affectations of mystery, he'll tell you why he's effective, leaving it to opponents to do something about it, and sometimes the *absence* of mystery is enough to make them second-guess.

"I'm not a natural athlete by any stretch of the imagination. I'm not a great endurance

runner. That's why you see me on interchange a lot. I can hold my pace and recover reasonably well. The way the game has gone has helped me. If they restrict the number of interchanges, I probably won't get a game."

The merry prankster's troubles didn't end with that 2003 incident. In 2010, the premiership year, he walked away without retaliating after being punched square in the face in a nightclub. He was admired for it. But there have been bans for drinking in the week before a game, fines for unauthorised appearances on *The Footy Show*; public utterances from his coach, Buckley, that he's "a handful". For small social peccadilloes, he's both contrite and unapologetic. What else? Besides, the club loves Swanny.

Every year, the Brownlow, the last place on Earth he wants to be, tells us where Swanny's at. The 2007 count was where he burst into our consciousness – and he wasn't invited. He led most of the night and threatened to win the thing. The cameras couldn't find him, our memories tried to bring him into focus. The little highlights packages accompanying each round's votes presented a cumulative picture of an under-the-radar ace. Meanwhile, at Alan Didak's place, decked in a Spiderman suit, Swan flippantly fielded calls from his manager who begged him to suit up more conventionally, in case he won. No dice. It was mad Monday. He'd been bigging it up all day, and was about to go out. He came fifth, management and club were relieved, and viewers were left with an unexpected impression of sustained brilliance.

He had a woeful 2014 by his standards, and posted an Instagram shot of himself in

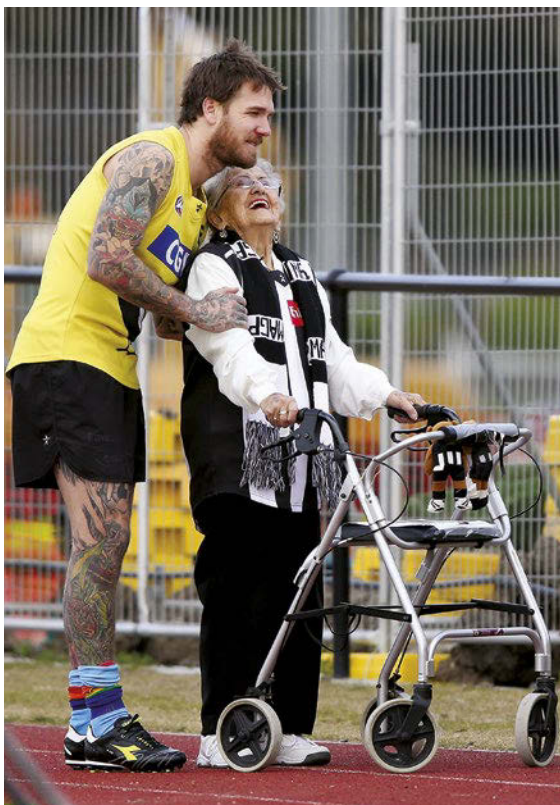
jocks and a bowtie, evidently headed for the Brownlow count. He was invited, but chose not to attend, spending the night having Sam Newman's face tattooed on his backside – a lost bet.

He was favourite in 2010, lost, and showed little strain. He won it in 2011 and gave every impression he'd rather have been somewhere else. He's learned that personal awards just don't do it for him. Three Copelands, five All-Australians, Leigh Matthews Awards for MVP. The accolades have flowed like mead in a mediaeval feast hall. He doesn't care much for them.

In his Brownlow year, 2011, Swan demonstrated his voracious appetite for oxygen. He streeted most other players in almost everything, statistically and in the esteem of anyone in a position to judge. Then, around the halfway-mark, he sustained a quad injury. His form spiralled. The club gave him time off to train at altitude in Arizona, and he returned bursting. He averaged over 35 possessions per game, and despite missing a match, won the Brownlow by a record number of votes.

The class of 2001 have hit their 30s. Not many are left. Most of those picked above Swan sank from view or enjoyed a brief prime. Hodge endures. Ablett is rightly proclaimed the greatest of centremen. Mitchell is a surprising Hawthorn immortal. But it's Swan, the man with no secrets, who continues to surprise and mystify. Is it ironic that the closer he comes to respectability, the more ink his skin acquires? It's not unexpected. A few years ago, he was publicly making no promises about playing beyond 30. Now he's 31, as good as ever, and his team is better off for it this year. Time has flown. He must be having fun. ■

"I STILL WASN'T ANY GOOD AS A FOOTBALLER, I JUST TRIED A LOT HARDER."



The Brownlow, won by weight of numbers in 2011. FAR LEFT Maturing under Malthouse. LEFT A modern-day 'Wood idol.

SINGAPORE has long been an exotic getaway for Australians keen to sample its explosion of culture, food, shopping and nightlife. But now there are at least *four more* reasons to make Asia's entertainment capital your next holiday destination. Singapore is now a unique sporting hub, hosting pinnacle events on the world sports calendar in the most spectacular venues on the planet.

It all begins with the **2015 FORMULA 1 SINGAPORE AIRLINES SINGAPORE GRAND PRIX**, held over the three days from September 18-20. This event is an absolutely unique experience: not only is Singapore the home of Formula 1 night racing, it's where international performers shine on the track, too.

The Marina Bay Street Circuit has been hailed as a "jewel in the Formula 1 crown" and with its city setting and harbour-side vistas, it's clear to see why. Non-stop parties take place around the island all week and the thrills and spills continue well after the sun has gone down. Formula 1 after dark and under lights is a completely enthralling spectacle that has to be seen to be believed.

But the race itself is just the centrepiece of a season of celebration that runs from September 12 until the race on September 20. It's a festival, with the world's top entertainers live on stage at numerous venues close to the Circuit. Visiting F1 fans are in for a real treat this year, with megastars Bon Jovi, Maroon 5, Pharrell Williams, Spandau Ballet and Jimmy Cliff performing within the Marina Bay Street Circuit Park. And it's an *extra* special celebration this year because 2015 is SG50 - the 50th year of Singapore's independence.



YOUR SINGAPORE – YOUR SPORTING ADVENTURE!

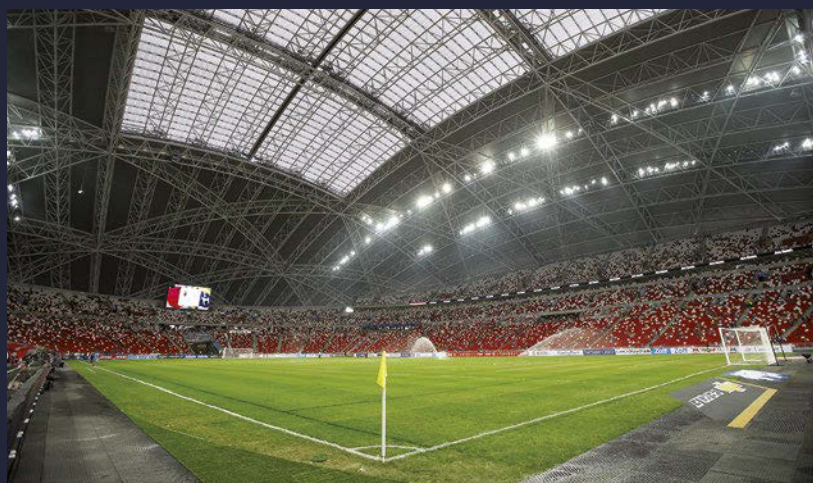
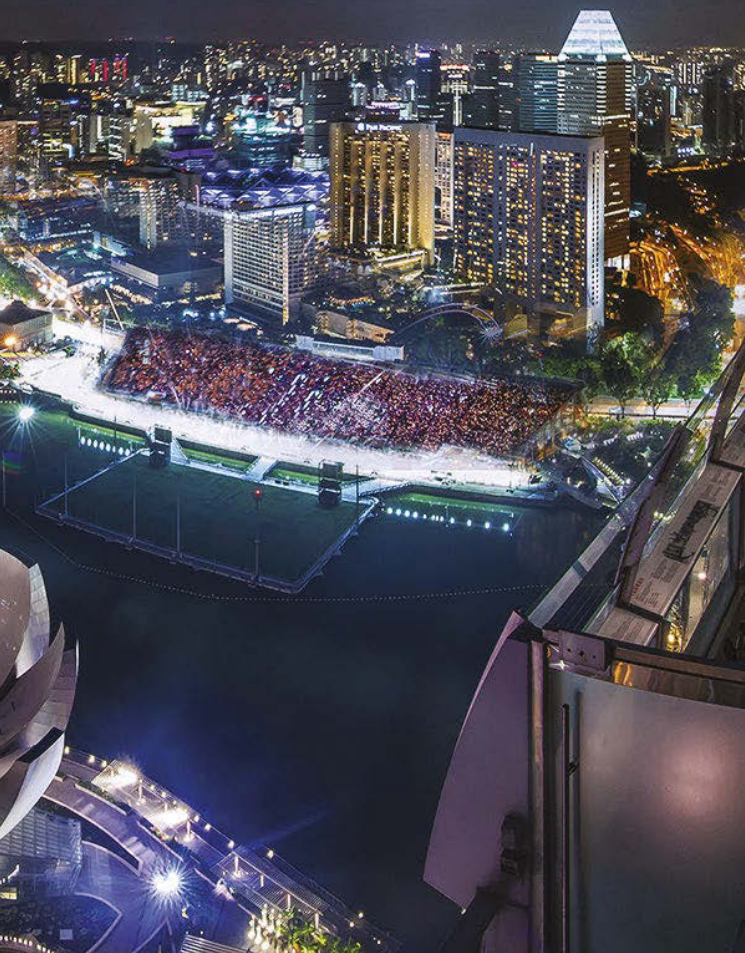
IT'S SINGAPORE'S 50TH ANNIVERSARY. AND THE "MONACO OF ASIA"
SURE KNOWS HOW TO CELEBRATE. JOIN THE PARTY!



The following month, from October 23 to November 1, the greatest women tennis players on the planet descend on Singapore for their season-ending "grand final", the **BNP PARIBAS WTA FINALS SINGAPORE PRESENTED BY SC GLOBAL** to determine who among them is truly "on top of the world". Here, the top eight singles and doubles players do battle in a round-robin first round and knock-out semi-finals format.

This is a unique opportunity to get up close to the world's best; each match has the atmosphere of a final. The prestigious Billie Jean King WTA Finals Singles Trophy and Martina Navratilova WTA Finals Doubles Trophy will be awarded, and US\$7 million prizemoney distributed. It's high stakes for the likes of Serena Williams, Maria Sharapova and Petra Kvitova, but this is also a massive celebration of the game of tennis. This year's WTA Finals also feature the WTA Rising Stars Invitational, WTA Legends Classic, the WTA Future Stars junior tournament *plus* a Fan Festival. It all takes place inside the spectacular Singapore Sports Hub, one of the world's great venues.

But there's more. Next year, the world's best Rugby Sevens nations descend on Singapore and take the field at the spectacular National Stadium in Kallang for a leg of the **WORLD RUGBY SEVENS SERIES**. And next year's tournament will have extra spice, with Rugby Sevens due to make its debut at the Rio Olympics in 2016. Over two days, the powerhouses of Australia, New Zealand, South Africa, England and Fiji will do battle in a 16-team format. With just seven players on the field per team, there's more dash and adventurous play in the short format than most conventional 80-minute matches. The emphasis is on free-flowing, creative, speedy play, with the fabulous fitness of these superb athletes on display as they play several exhausting matches per day, working their way to the final (hopefully!). The tournament is the only South East Asia leg of the series, with Singapore one of the new hosting cities for the Sevens.



And yet more! This month, Singapore is hosting the **BARCLAYS ASIA TROPHY**, the only Premier League-affiliated competition in the world to take place outside of England. These teams aren't just going through the motions - this is a series of matches taken VERY seriously by the EPL teams who appear just a couple of weeks before the EPL season kicks off in earnest - Arsenal, Everton and Stoke City are playing in Singapore this month. All four matches will take place in the stunning, state-of-the-art National Stadium. This 55,000-seat venue at the Singapore Sports Hub features a retractable roof, with every seat cooled by environmentally sustainable technology.

So put Singapore's Sports Extravaganza on your bucket list - and tick off these spectacular events in the coming year. For more information and tickets, go to



www.yoursingapore.com



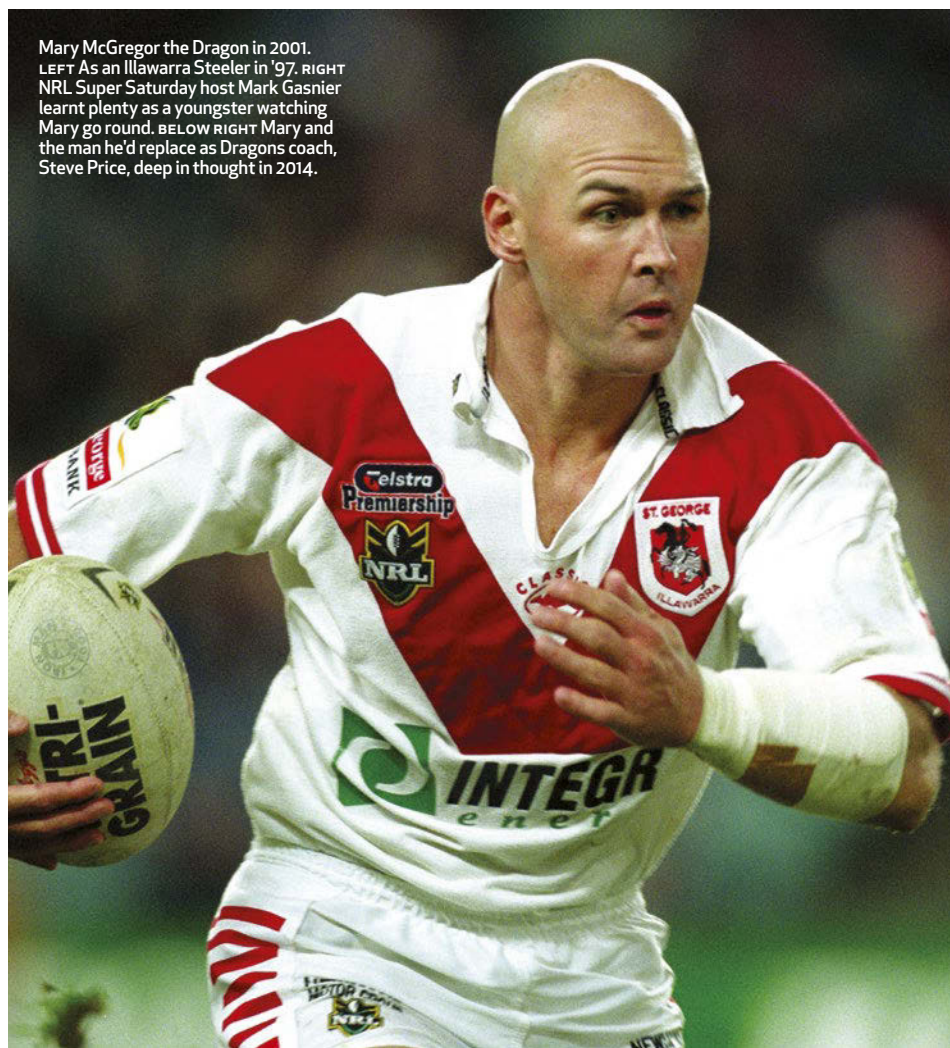


A YEAR AFTER TAKING OVER AS COACH OF ST GEORGE-ILLAWARRA, PAUL MCGREGOR HAS THE DRAGONS MARCHING IN THE RIGHT DIRECTION ONCE AGAIN.

THE Illawarra Steelers peaked as an elite-level rugby league club on an overcast Sydney afternoon in September 1992. Sure, they *had* won the pre-season Tooheys Challenge Cup that year, besting the Broncos 4-2 in a tryless \$200,000-final in Dubbo, but the post-season of Sydney first grade was serious uncharted territory for Graham Murray's band of underdogs. The pride of Wollongong, having reached the semi-finals for the first time, had drawn the second-placed St George Dragons in the major prelim at the still-new SFS. Your then-teenaged author was part of the 28,000-strong crowd that day and hadn't seen this much scarlet in one setting since gawking at the lips of Robert Palmer's raunchy, make-up-heavy back-up singers in *Simply Irresistible*.

Ahead 12-6 mid-way through the second half, the Steelers began a set inside the Dragons' 20 following a penalty. St George's defensive line had proven

impenetrable since half-time, but all of a sudden you could throw a doily over them, as they plodded in a group in front of the posts. As if aiming a boomerang through a dozy pack of birds, the Steelers pointed their attack towards these milling, tired Dragons. From dummy-half, hooker Dean Schifilliti threw to charging prop Steve Waddell, who spun and found Michael Neil. On the run, the fire-haired halfback faked to decoy John Cross, before finally selecting rampaging centre Paul McGregor, who steamed through almost untouched, slamming the ball down behind the sticks. His heart could almost be seen bursting with excitement and pride through his BHP Steel-lettered scarlet jersey, his lungs likely half-punctured from the celebratory screaming. McGregor had been on the end of a beautifully orchestrated play; a set piece worked to perfection and the Steelers were on their way to a win in the semis against one of the most ►



Mary McGregor the Dragon in 2001.
 LEFT As an Illawarra Steeler in '97. RIGHT
 NRL Super Saturday host Mark Gasnier
 learnt plenty as a youngster watching
 Mary go round. BELOW RIGHT Mary and
 the man he'd replace as Dragons coach,
 Steve Price, deep in thought in 2014.

famous clubs of all. It was goosebumps stuff that the player to stamp it with ink was a man they called Mary. The pride of the Dapto Canaries. He didn't know it at the time, but he'd go on to represent his country, and much later would coach a team formed by an amalgamation of the two clubs playing that day. Those footy gods, huh?

By the time he'd exchanged his studs and playing jersey for the runners and fluoro T-shirt of a support staffer, McGregor had clocked up over 120 first-grade games for the Steelers between 1991-98, another 30-odd for the just-formed St George-Illawarra Dragons, as well as 14 Origins for the Blues and six games for Australia. His wasn't the *longest* playing career by any stretch, with a shoulder injury plaguing his final seasons (a reconstruction sat him out of 2000 altogether), but as Illawarra Steelers legends go, it is certainly among the most *celebrated*, with the 192cm, 96kg-in-his-prime wrecking ball earning a spot in the Illawarra Team of the Century in 2011.

Watching McGregor in wide-eyed awe throughout his career was Mark Gasnier, who himself would develop into a world-class centre for St George-Illawarra, the Blues and Australia. Gasnier no-doubt learnt plenty by watching the way McGregor would use his feet and his brain-matter to

avoid would-be defenders. "I *watched* Mary as a kid growing up; he was one of my favourite players," says the now-Fox Sports NRL commentator. "As a player, without doubt, it was his footwork, his ability to offload, and more importantly his ability to set up his outside men. He was a very unselfish player. When he played for Illawarra he actually played a lot of five-eighth, too; did a lot of good stuff. He was very underrated in defence as well. To be honest, I thought he was the complete package as a centre, particularly for that era. You had Mal, Renouf, these types of guys who were strong or who had a fend. Mary was strong as well, but also had great feet."

The Illawarra Steelers were accepted into the Sydney competition in December 1980. The region had long been home to one of the strongest rugby league nurseries in the world, producing a plethora of internationals over the years including Bob Fulton, Graeme Langlands and Michael Cronin. Prior to 1980 there had been two unsuccessful bids for a Wollongong-based team to enter the NSWRL competition, in 1954 and 1966. But when the league's management committee recommended to its *general* committee that two additional expansion teams be included into the 1982

competition – the Steelers and the Canberra Raiders – the suits *finally* agreed.

The Steelers' original logo, which featured a football swirling around the head of a part-spaceman/part-gridiron player, represented not just the region's footy aspirations, but the pride of an entire district. Back in the early 1980s, WIN Stadium was known as the Wollongong Showground and was often described by locals as the most picturesque rugby league ground in the world, with the "Wollongong Ocean" (thanks Fatty Vautin) gobbling up over-zealous kicks for touch. Nothing will infuriate an Illawarra rugby league purist more than when they hear ignorant outsiders referring to the most successful joint venture in rugby league as merely "St George". The "Illawarra" wording added to the bottom of the Dragons' updated emblem is a lot more than just symbolic text: it represents an entire regional league which is *still* producing sensational young footballers and passionate district clashes week in, week out. (Interestingly, back when rumours of the joint venture with Illawarra began to bear fruit, there were diehard St George disciples protesting against even the addition of "Illawarra" to their famous shield.)



SURVIVING THE CULL

After Super League, a key condition of the "peace deal" that was brokered between News Ltd and the Australian Rugby League was that a plan of club "rationalisation" be put in place, designed to reduce the number of teams to 16 by 1999 and to 14 by the year 2000. To entice the clubs to make the decision themselves over who would be staying and going, the new NRL offered huge financial and other incentives for clubs to form joint ventures. Had each and every Super League and ARL club continued life under the united banner, 23 elite-level rugby league clubs would've dotted Australia and New Zealand. Such a high number of franchises would've satisfied the *expansion* ideals of many within the game, but the talent pool simply wasn't deep enough, and probably *still* wouldn't be if the game found itself in a similar situation today. History shows the Dragons and Illawarra got hitched, with the Magpies and Balmain also moving in together. Manly and Norths partnered up, while Perth, Hunter Mariners, South Queensland and Adelaide Rams were disposed of. South Sydney was cut, while the Gold Coast Mk III died conveniently in time for that 14-team 2000 kick-off.

St George and Illawarra officially formed the game's first joint venture on September 23, 1998. The new Dragons eventually received a funding package worth \$11 million, with the added security of a seven-year license, which at a time of such uncertainty must've felt like *eternal* immunity. Gasnier points to the maturity and vision of the joint venture's newly created board as to how the partnership led to a grand final appearance in its debut 1999 season. "The boards had made that success," Gasnier beams. "They're very unselfish in what they do. They have a common goal, they're flexible and the big thing is, they're all on the same page about

**MARY'S
WASN'T THE
LONGEST PLAYING
CAREER, BUT AS
STEELERS LEGENDS
GO, IT IS CERTAINLY
AMONG THE MOST
CELEBRATED.**

where they want the joint venture to be. Right from the start, there were no egos involved, no hidden agendas; it was all heading in the one direction. Obviously the players bought into that as well.

"In saying all that, what also helped was *good timing*; a lot of the older players were retiring from the Steelers and Dragons, and then you had the next batch coming through like myself, Jason Ryles, Ben Hornby, Matty Cooper, Luke Bailey; we all hadn't played for any other first grade team. All we knew was *joint venture*."

"We made the grand final in 1999; in 2000 we had a hell of a lot of injuries and in 2001 we were only a couple of games off the grand final as well. Don't get me wrong, we had some great mentors. You've only got to look at guys like Mary, Mark Coyne, Nathan Brown, Rod Wishart; all these guys were childhood heroes of the young players coming into the team. We all looked up to those guys. We were lucky they were really good people who drove a good, cultured club."

YEAR OF THE DRAGON?

Mary McGregor was in camp with the New South Wales State of Origin squad in May last year when the Dragons announced they'd be letting then-coach Steve Price go after "unacceptable" results across the first half of the season. These included ►



**MARY IS
RELUCTANT TO
TAKE THE FOCUS
OF THE TEAM'S
ACHIEVEMENTS
AWAY FROM THE
PLAYERS.**

36 and 32-point losses to the Eels and Bulldogs respectively, and 20-point defeats to the Chooks and Bunnies. The Dragons board and their CEO Peter Doust wanted the change to come across as simple for the players as possible, so the 46-year-old assistant coach raced back to base and got to work straight away in an interim role. The *finer* details, such as whether Mary would *continue* on as head coach in the future, could be worked out some other time.

Fast forward 12 months and not since their first title as a joint venture in 2010 has St George-Illawarra stood such a good chance of building on the old Dragons' legacy of that famous 11-year run across the 1950s and '60s. The "Save Our Saints" and "Oust Doust" Twitter hashtags and game-day banners have disappeared (until the club's next string of losses, presumably), with McGregor patiently mentoring his squad like any *veteran* NRL coach. To be fair to Mary, he'd gone through a pretty lengthy apprenticeship, having coached Wests Illawarra and the Illawarra Cutters, as well as the Dragons, NSW Blues and NSW Country in strength and conditioning roles. Mark Gasnier has enjoyed watching McGregor slowly indent his unique label upon the Red V since the beginning of his

tenure in charge. "I think they've forged their own style this year, no doubt," says Gasnier. "Tactically they're ahead of the game; they're really good at identifying a weak individual, a weak edge or a deficiency in the defensive line ... and *exposing* it.

Obviously it helps when you have Mitch Rein, Josh Dugan, Benji Marshall and Gareth Widdop to execute your game plan, but Mary has really written his signature there in regards to his intelligence with set plays. I think he's leading the way in allowing his halves to be unrestricted in what they do. Since about round six, they've really grown an extra leg week in, week out. Particularly against Canberra, and also against South Sydney, the way Widdop and Marshall have played is proof they're the best in the league as a combination; not being restricted to their left or right sides."

It's likely the absence of McGregor's voice from these pages tells us more about the man than his own words could have. The Dragons' media department apologised profusely via email about Mary's unavailability for an interview, on the grounds that he is reluctant to take the focus of the team's achievements away from his players.

The journo's edict reads that we should be offended by the Mary brush, but

he'd be right in claiming that this year's improvement, even after all of his own mentoring, does indeed belong to the troops in red and white out on the paddock. Gaz agrees: "The biggest difference between this year and last year, by a mile, is that the players have bought into what they want to achieve. What I mean by that is, their attitude towards a lot of the *little* things that require a *lot* of effort in league has been exceptional. Hence why their defence is so good.

"There is a group-wide willingness to play for one another. That comes down to managing the team, motivating the team and giving them a clear-cut direction about what their job is. That might *sound* simple, but it is bloody hard to do, especially over a 26-week-plus period.

"The thing with Mary is, because he's so thorough and meticulous when it comes to planning and preparing, he's going to be good at *anything* he does. He doesn't like to fail, and definitely gives himself *no reason* to fail; by that, I mean he prepares, does everything he can in order to succeed. I think this is no more reflective than where the St George-Illawarra Dragons are sitting at the moment on the ladder."

Mary's reluctance to be highlighted as *the* reason for that rise up the table represents both an old-school club-before-individual approach to success, as well as a refreshing change to elite league mentorship; in McGregor, you get the sense he's also his players' biggest *fan*. That he's loving their work. Maybe *their* peak isn't that far away. ■



PHOTOS BY Getty Images



Gareth Widdop and Benji Marshall (below), among the NRL's best halves combos.



Mary McGregor thinks the players deserve all the praise. He's an alright coach, too.

Are you the next champions?

holdenscramble.com.au

HOLDEN
Scramble





HOW TO SPEAK *Wallaby*

MICHAEL CHEIKA HAS PICKED UP THE LINGO OF THE AUSTRALIAN SQUAD IN QUICK TIME. IF HE AND HIS WALLABIES CAN PICK UP THE RUGBY WORLD CUP WHILE THEY'RE IN BRITAIN NEXT MONTH, JOB WELL DONE.

By **JEFF CENTENERA**

MICHAEL CHEIKA has come to talk. Talk, as the proverbs go, is cheap, the lesser counterpart to walking the walk. Except when it comes to being a coach – then talking becomes underrated. Fundamentally, coaching is communication, and no matter how they do it – gruff and syllabic, go-go motivational, literate and professorial, maybe just a lot of swears – accomplished coaches are all pretty much good talkers on some level.

It's the launch of the Wallaby jersey for this World Cup year, and Cheika has been tasked with delivering an ersatz pre-game talk to the gold-clad media wannabes in the rooms at Allianz Stadium who make up his "team" today, before they head to the field to participate in mock drills with his real players. The coach instead opts for a Q-and-A session, explaining he would rather not play-act for the assembled group. If he were to deliver something like the genuine article, he explains, there would be a few colourful expressions thrown around, rest assured.

There's no doubt about Cheika's facility with words, profane, profound or otherwise. Whatever else, it comes across as authentic. Wallaby forward Rob Simmons says Cheika is not one of those coaches who has a tendency to speechify, and team meetings can often turn extemporaneous. "He just rides whatever comes to him sometimes," Simmons says. "He'll be, 'I'm sorry, boys, I don't know what I'm saying. It's coming to me and I feel as though I have to say it.' And the boys might have a bit of a laugh. And other times, he's fired up and he knows what he needs to say."

At least in part, Cheika's gift of gab is what set him on the path to the place he now occupies in the sport. He landed his first coaching job without any previous experience in, well, don't call it a *profession*, for reasons that will be later explained, but primarily because he could speak Italian. That item on the resume was enough for the Padova club, one of David Campese's old haunts, who gave a shot in 1999 to an adventurous Randwick back-rower wayfaring around continental Europe in the early part of the decade.

Cheika also learned French, having begun his European sojourn in Castres in the Midi-Pyrenees. He grew up with the Lebanese dialect of Arabic, imparted by his migrant parents in their home in the Sydney suburb of Coogee. He can speak that complex tongue passably, although can't read and write it, and it gave him an ear for languages. He admits to being something of a linguistic connoisseur, saying he would like to learn Spanish. "I also love the sound of Portuguese; that's a very cool language," he says.

"When I went to France to play, I really wanted to learn the language. Back then, there was only one foreigner per team, so if you weren't speaking French, you weren't getting any *food*, you know? I learned French after about six or so months of being there in the south of France, in a small town. And then I stayed for another few years, went up to Paris.

"And when I went to Italy, it *really* taught me ▶



about how our brains work. I was *fluent* in French, went to Italy and learned the language in four or five weeks. It's the same language, change the words. *But I couldn't speak French anymore* while I was learning Italian. I went back to Paris, and it was like someone had just taken it all out of my head. But then once I started speaking Italian fluently, the French came back straight away.

"It just shows how the brain can just block something out totally because it's focused on getting another job done. It was an interesting thing for me to see. It really freaked me out at the time."

From Padova and an interlude back at Randwick, Cheika went onto a breakout stint at Irish club Leinster, where you figure he might have picked up *Gaelic* if he had needed it. His next stop, at Stade Francais, had him brushing up on his French and figuring out how to coach in another language not his own. "There's always that time in the dressing room when you want to get into a player's head, and you don't have the words," Cheika recalls.

"Even though I spoke French fluently, that dressing-room motivational piece, you could see there was that little bit missing. You could see that blank space: 'I understand what you're saying, but it's not motivating me' ... It's been interesting to coach now in three different languages, and how you've been able to get your point across in each one."

It would be safe to presume that it involved mastering a lot of curses. "Pretty fast," Cheika says, with emphasis, and a grin. "That's usually the first words you learn."

FOR THE past ten months, Michael Cheika has been engaged in another experiment in how the brain works. Only this time, it wasn't *bonjour* crowding out *buongiorno*. Rather, it has been balancing the spinning plates of his national-level responsibilities with those of the NSW Waratahs. Serving two masters is rarely viewed as a plan for success in sports these days. And yet, each role has implied the other

— the very reason why Cheika was handed the keys to the Wallabies was the monumental task he pulled off at the Waratahs, finally reversing the historic Super Rugby underperformance of Australia's biggest province. In turn, with time short and the World Cup bearing down, one of the best few things that could happen for Australian rugby would be a spirited title defence from the first-time Super premiers.

"I don't know what he's been doing the last six months, because he's managing two programs," says Nick Phipps, Cheika's scrum-half on both teams. "And he's on top of *everything*; there hasn't been one single moment where you're like, 'Aw, he didn't scrub us up on *that*,' or 'We're a bit behind there.'"

When Cheika meets with *Inside Sport* for our interview, it's on Wallaby ground. This is always among the most convenient of interactions, as ARU headquarters is only a couple of blocks away from the magazine's offices. Cheika buys the coffee, and apologises for tucking into a fruit salad while we begin our chat. He looks like a guy who is trying to use every bit of time he has to maximum effect.

"I refuse to mix the two," he explained of the dual role, which had actually just been resolved long-term, assistant Daryl Gibson being confirmed as his Waratahs successor. Cheika, however, had conducted himself like a public servant running for political office; always at pains to keep spheres separate. "If someone calls me on Wallabies' business and I'm in the office of the Waratahs, I won't take it. And then I make the time after work, or I block times out — two hours in the day when I can do Wallabies' stuff. I go somewhere else and do it. I'll go out of Moore Park, either to my house which is not too far away, or somewhere else.

"I have to make sure I don't cloud the two, because they're two very different things. So far, it's been quite good for me.

When I've been in one mode or the other, I'm a lot more productive, because I understand my time is limited, so I want to make sure I get the most out of it."

This headlong pace has kept Cheika from dwelling too much on the surprising set of circumstances that delivered him to the Wallaby helm. It was only two years ago that he had just completed his first season at the Waratahs, having come in from the relative cold of European rugby. Meanwhile, the Wallabies were spying a new era as the five-year tenure of Robbie Deans came to an unsatisfying end, which as the nation's rah-rah followers were to later find out in Deans' book, had at least *something* to do with the fact that the coach was a New Zealander. The new regime would be led by Ewen McKenzie, who was seemingly *made* for the job: World Cup-winning Wallaby prop, Super Rugby champion coach with the Reds, a stalwart of Australian team staffs over the decade, another Randwick man considered a deep thinker of the game. His bona fides were undeniable, and the ouster of such a figure would require a really unusual turn of events. Which is exactly what happened 15 months later – in retrospect, the McKenzie-Kurtley Beale-Di Patston-text message episode stands out as one of the stranger ways for a coach to exit.

Cheika never expected the job to be vacant. While not a *surprise* candidate for the position, coming fresh off the Waratahs' Super victory, the notion of leading the Wallabies to the 2015 World Cup would have seemed fanciful to him not too long ago. But this feeling of surprise extends deeper – Cheika can envision a scenario in which the entire sideline gig seems fanciful. As alluded to

above, it's not a profession because he doesn't consider it one. "Coaching rugby is not a job. One day I'm going to have to grow up and get a proper job.

"We're so fortunate. Yes, you have to work, but it's a pleasure. If you start to think about it as a career, you compromise yourself because you start to compromise your decisions. You say, 'Maybe I want to keep my job.' I don't care, I just want to try and do the best I can. If that's not good enough, that's not good enough. Doesn't mean I'm a worse person for it."

Cheika has often stressed that he's not a career coach. Interestingly, the man that every modern Wallaby coach is trying to emulate, Rod Macqueen, spoke of himself in the same way. Even *more* interesting is that Cheika *has* held a real job, and has plenty to fall back on should sporting fortunes turn against him, or he indeed grows up. It's an irresistible part of the Cheika bio – plenty of union's old boys have succeeded in business, but not too many of them in fashion. He worked for famed Australian designer Collette Dinnigan, who remarked upon the contrasting strands of his character for a newspaper profile: "He is like a gentle giant." With a business partner from one of the companies he worked for, Cheika eventually went out and set up a clothing distributor, Live Fashion. Among the labels he brought to Australia was Paper Denim & Cloth, which had a cult following in the fashion world as one of the first jeans brands with price tags

that ran into the hundreds. The company did well – part of the reason he can coach with abandon is he's not dependent on it.

As Phipps describes it, the fashion mogul thing is good for a chortle. "It's no surprise to me he was killing it in fashion – [although] to be honest, you should see his kit when he walks around; he's not a fashionable guy – but he was able to do that because he knows people so well and knows what success is."

The thought of Cheika writing one of those

sport-to-business leadership-lesson books inspires more chuckles ("Cheika's Balances: *The Management Secrets of a Wallaby Winner*"). But he has the material. Either jerseys or jeans, it's a people enterprise. "I was dealing with designers all the time, particularly the one who employed me," Cheika says. "You've got to be able to facilitate the things that they want to create into becoming real. And out in the business world, in the retail or wholesale market, you're dealing with a whole lot of different people, from the guys who drive the

van, who cut fabric, to the designers and buyers from the big department stores."

Was dealing with neurotic creatives similar to handling gifted athletes? "I don't think there are parallels. Not even all designers are the same in that way. It's about understanding the individual and being able to put them together.

"So in the team environment in rugby, okay, here's all these players, who are the best players? But who are the best fit of players ▶

AT LEAST IN PART, CHEIKA'S gift of gab IS WHAT SET HIM ON THE PATH TO THE PLACE HE NOW OCCUPIES IN THE SPORT.

Whatever the language, Cheika exhorts his teams to play a go-for-it brand of rugby. LEFT Delivering the word to his Wallabies: take pride in this jersey.





Nick Phipps has blossomed under Cheika's watch at the Waratahs and Wallabies. TOP RIGHT The coach believes it should be fun, as Sekope Kepu finds out.

and characters together? I like the teams where you've got the lover, the fighter, the joker, that whole combination of characters, the quiet guy, the bookworm. That's what makes good teams, and people are interested in their team-mates' differences, that's how you build camaraderie."

And lest his fiery image be kept intact, there's definitely room in there for the crazy guy as well. More than one, even. "There's a certain part of it, a crazy streak, that's attractive in people. That fearlessness, I don't know, it's almost a freedom that people like. I've always been attracted to that kind of person.

"It's all about balance. You can have two, or three, but you might have three or four strong, tough leaders, and it's how those players and staff are interconnected from a respect point of view. You don't all have to be the same, or all have to be best mates. You just need to respect each other. And what happens in the environment is, once you build that, you eventually become good mates."

THE PROBLEM with having multiple crazies on a team, as the sportswriter Bill Simmons

puts it, is when they choose to hang out together. The Wallabies and their supporters have had plenty of first-hand experience of this phenomenon in recent years. It's been psycho-analysed, maligned, slapped with a wholesale indictment of an entire age: the

dreaded gen-Y problem.

Cheika doesn't buy it. Footballers born after 1980 don't strike him as particularly different to those that came before. "They just got fancier phones."

A team full of gen-Ys, like any other team, needs to be properly led. "It's no different to the way it was when we were playing in the amateur days. Maybe we didn't have as many distractions, but that's evolution. I've said it a few times now: no one was putting unleaded petrol in their cars at the time either, and everyone was smoking cigarettes in restaurants, or whatever it was back in the day. And all that's changed because we said, 'This is on

now.' That doesn't mean people are different when they're given the task of being a part of this team."

Cheika's generation of players was the last before rugby pledged itself fully to professionalism. And while his coaching

THE ROLE OF AUSSIE COACH HAS BECOME THAT OF *translator* BETWEEN THE TECHNICAL JARGON OF THE BACKROOM AND THE VERNACULAR OF THE DRESSING ROOM.

evolution has occurred climbing pro football's rungs, the dominant theme of his tenure so far has been to bring back that old-time amateur passion. Macqueen, as well as successor Eddie Jones, famously tried to run the Wallabies like a small business, as this magazine put it in 2001, using the model of the then-new Brumbies to break the old NSW-Queensland axis and inculcating the culture of player power, for good and ill. Cheika, by contrast, faces the challenge of pulling together established, always-on pros who play for five different provincial sides half the year, and have an eye to lucrative offers in France or Japan that would have formerly disqualified them from national selection.

To get that buy-in, he's trying a little traditional pride in the jumper. He gave another reason why he wouldn't do the faux team-talk at the Wallaby launch event: he honestly believes in the sanctity of the dressing room, a safe space for the raising of team spirit. "That was probably the first thing I noticed about him," Phipps says. "In modern-day sport, everything is about technology, having the edge, all that stuff. People have been getting away from what it is to play sport, and Cheika has brought that back to us. As he said in there, you'd be playing footy on Saturday even if it wasn't a professional game. You just love the game.

"We feed off that, knowing how passionate he is. And people misconstrue that – people see it as anger, like the coach's box door-smashing in Canberra or when he told that



cameraman to get out of his face in South Africa. That's because he's trying to pass on a message, and he just got so into it. He wants the boys to be the best of their ability, his passions are evident for everyone to see. But no one really sees that behind-closed-doors, speaking to you quietly and asking you things."

There's something of an analogy with Darren Lehmann here. We've observed Australian national teams and their recent unhappy experiences chasing world's best practice, particularly if it's meant bringing in foreign expertise. For whatever reason, the voice from the sideline has to have the right accent. The role of Aussie coach has become that of translator, able to speak back and forth between the technical jargon of the backroom and the vernacular of the dressing room. The reams of data are only good if they can be reframed in the familiar tenets. Cheika likes the new knowledge, is comfortable with it in the way that somebody with a balance sheet-driven, business background usually is. "I just believe in balance," he says. "Yes, I look at every bit of GPS data, the weights program data we collect, all the scientific and medical data. And mainly looking in that for changes in habits, as opposed to, 'Oh, he ran 50km, how fantastic.' You want to see changes in *habits*, either in the positive or negative, so you can act on them. But they're never picking a side for you, never deciding how you're going to play the game."

That, too, goes back to core principles. Cheika is a devotee of open, attacking rugby – he's a Randwick guy, after all – and his Waratahs have distinguished themselves with their aggressive, risk-taking approach. His tinkering with formations has been innovative, particularly in trying to get the most out of Israel Folau, and the way he's banked on Kurtley Beale's talent has been its own kind of bet. Bernard Foley, the Waratah and Wallaby fly-half who has emerged under Cheika's watch, says that the coach encourages his players to express themselves. "In that

regard, some coaches that I've had in the past, when you lose or things aren't going well, they try to shrink the game plan or go back to the basics. But the way Cheika approaches it, he's more encouraging to take the shackles off and play *more* footy ... He goes the other way; in the tough moments, it's the ability to express yourself, to go out and play more rather than get restrictive and tighten up. His philosophy is go out there and do more with it."

That philosophy will be tested with a World Cup in Britain later this year, where a tighter brand of rugby tends to impose itself. Expectations management is all over the map – the Aussies ended last year slumping to three losses on the spring tour, but had also shown previously that they were closing the gap on the standard-setting All Blacks. History shows that the Wallabies have performed well in the British World Cups, and in a neat irony, their expansive-minded coach happens to be steeped in the northern hemisphere style – Cheika notes he's spent more time coaching there than in the southern hemisphere, after all, and will even admit to appreciating how their crowds warm to driving mauls and penalty-kick shoot-outs. "And that's fine, because that's what they like. That's what your endgame is: to make sure those people are enjoying the game."

It's all of a piece. If he's coaching for fun, then players should be playing for fun, and then the crowds will be watching for fun. "We have the privilege of being able to play in front of lots of people, like, how often do you get 50-60,000 people in one place together without it being a riot or protest? Everyone's happy, and you have the power to put a smile on people's faces and getting them together; it's very powerful. We can engage the crowd by the way we play. And if they say, 'This is my team, this is how they play the game, I like that,' then you're already a winner." That should be enough to motivate *anybody*, even if they can't understand the coach's language. ■



Scenes of a sideline odyssey: success with Leinster in 2006 (ABOVE LEFT), back in Paris with Stade Francais (LEFT) and Super times in NSW in 2014.

thank you smooth mover



Hot Shot

As the word on the pill says, they're all united. Collingwood's Taylor Adams and Jesse White spoil the mark attempt by Toby Greene of the Giants, and the Magpies had the better of an ailing GWS in general, running away with the MCG match by 42.

PHOTO BY Quinn Rooney / Getty Images

thank you Ghost 8

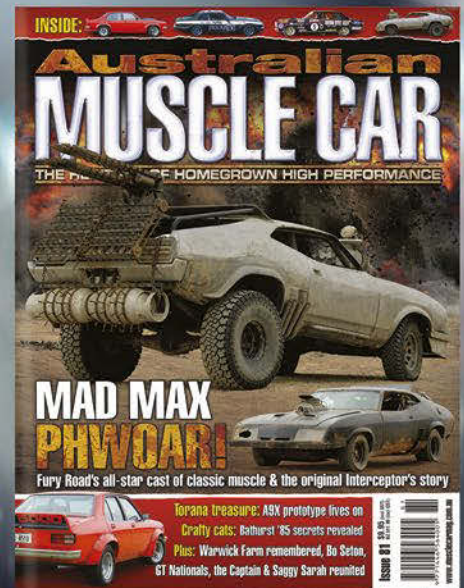


 **BROOKS**

brooksrunning.com.au

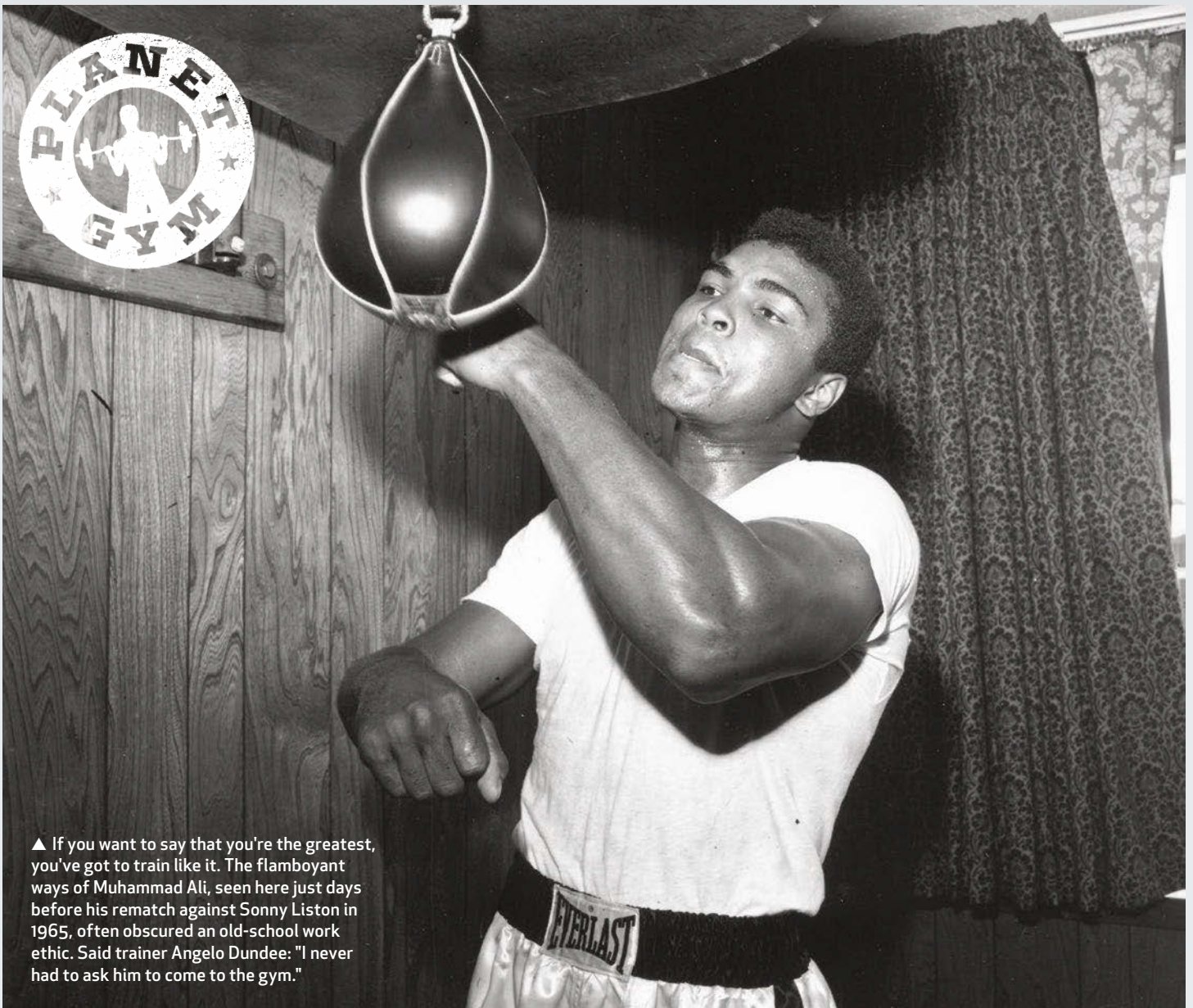


ADDICTED TO SPORT?



Subscribe online anytime
mymagazines.com.au

mvp



▲ If you want to say that you're the greatest, you've got to train like it. The flamboyant ways of Muhammad Ali, seen here just days before his rematch against Sonny Liston in 1965, often obscured an old-school work ethic. Said trainer Angelo Dundee: "I never had to ask him to come to the gym."

BEN ST LAWRENCE

RON CLARKE'S recent passing had many recalling the so-called "Golden Era" of Australian athletics – and lamenting our diminished standing on the world stage in distance running. Which is really unfair to superb athletes like Ben St Lawrence. He may not (yet!) have knocked off the Africans at a major meet, but he runs faster over 10k than Ron Clarke or Steve Moneghetti or Craig Mottram ever did – he's been the Australian record-holder for the distance since 2011. And

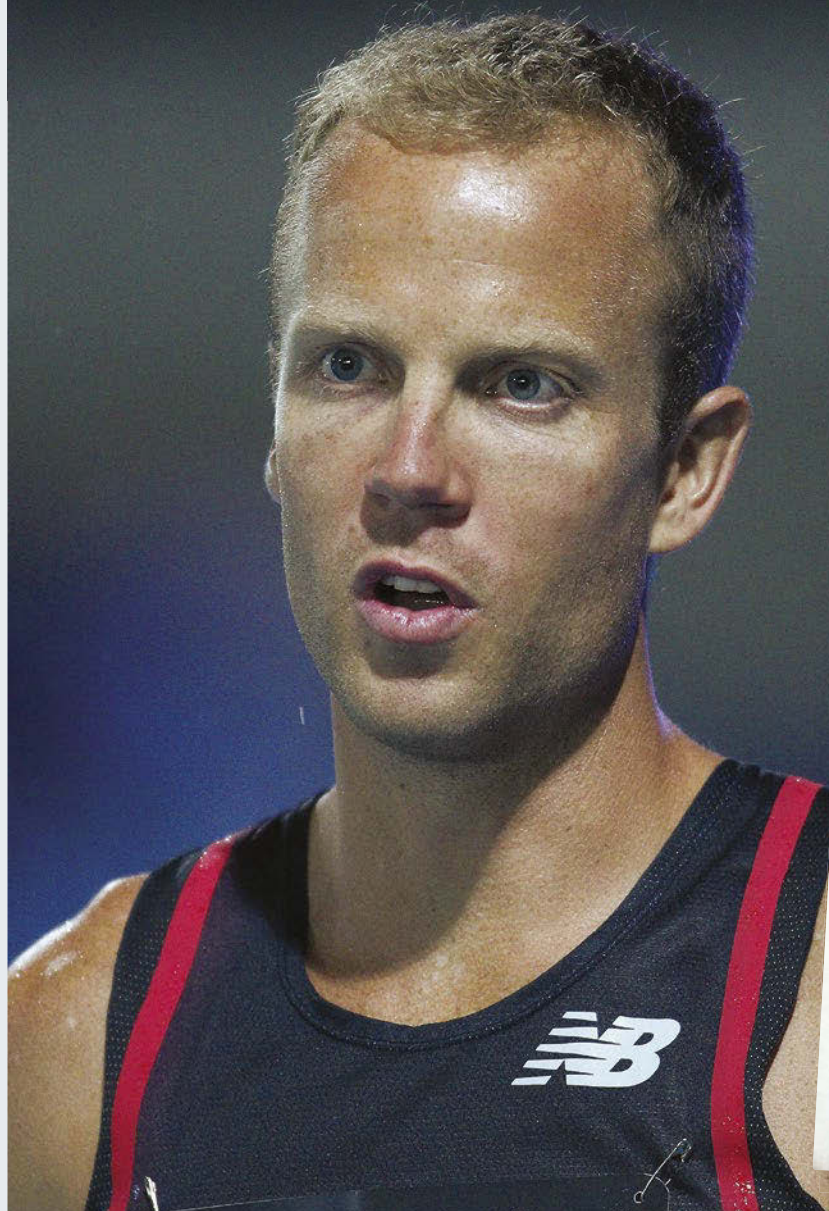
if things come together he is poised to put his name in lights: his best time puts him in the top ten in the world, and if he's able to stay healthy and produce his best at this month's IAAF World Championships in Beijing, the 32-year-old from Sydney could find himself in the running for a spot on a podium. Ten years ago he was a borderline lager lout, which makes his rise to the top of the athletics tree all the more remarkable. He told *Inside Sport* editor Graem Sims how he does it.

BEGINNINGS

"I was always a talented runner when I was a kid and loved racing. I had the goal to run at the Olympics, but through high school I just wanted to have fun with it, not be too serious. The goal was to start running seriously when I finished high school, but I ended up at Charles Sturt Uni at Bathurst living on campus. It's a great university, but it has a strong social culture, and I got a little bit carried away. I was doing an exercise science and social science/psychology degree while I was there, but I was a pretty easily distracted teenager and got into the binge-drinking lifestyle.

"During that first year I was always feeling guilt that I wasn't doing as much training as I should; I was constantly disappointed in myself for drinking and all that sort of stuff. So instead of quitting drinking to focus on my running, I thought, 'I'll quit running and focus on my drinking for a year.' That would take that guilt out of it, I would get it out of my system, and in my second year I'll take my running seriously. Unfortunately, I found it really difficult to break those habits and one year turned into two turned into three. By the end of it I'd put on a lot of weight and I was quite unhealthy and it looked like my running goals would never happen.

"I graduated and got a job as a door-to-door salesman selling pay TV. That took me to Victoria in 2006 – when the Commonwealth Games were on. I was always a fan of the sport, so I got tickets and found myself seeing people running around in the green and gold who I'd run with at school. Then I saw that race with Craig Mottram versus the Kenyans in the 5k, with 80,000 screaming fans, and it was at that point that I wondered if I could get to an elite level of athletics. In fact, I was a bit hungover that day and once again feeling a bit guilty, but I said to my mate, 'I'm going to see if I can make the next Commonwealth Games.'



And he laughed at me and said, 'Mate, if you make the next Commonwealth Games, I'll come and watch you.' And four years later I was in Delhi and finished seventh in the 5k and the 10k, with my mate there in the stands."

FIRST STEPS

"At first it was just about getting moving, just some really slow jogging. I also bought a bike and started riding a bit. Then I began fixing up my social habits. I surrounded myself with other people who were active. I'm a very social person, so I didn't want to separate my exercise from my social life, so when I moved to Sydney I joined a squad of recreational runners. We'd meet up on a Saturday or Sunday morning to run, then go out for breakfast afterwards. Or we might go out to the pub for a meal after our mid-week sessions; it became a bit of a social outlet.

So I was getting some exercise done, meeting new people and having a bit of fun as well. Then once you get moving it's about progressively increasing what you're doing and your body will adapt. So you stress your body a bit and fuel yourself well and you recover, and then you stress it a little bit more. And over time, particularly with endurance-type events, you make steady progress.

"The first year wasn't much for me – I'd put on about 20kg during uni; I remember seeing 86 on a set of scales once back then, while I run now at 64-65kg. I definitely carried a lot of excess weight, which gradually came off. Then, for the next couple of years, it felt like every event I entered was a PB. I had all the aches and pains and niggling little injuries you get when you're really pushing your body hard, but I didn't have

"INSTEAD OF QUITTING DRINKING TO FOCUS ON RUNNING, I THOUGHT, 'I'LL QUIT RUNNING AND FOCUS ON DRINKING.'"

any major injuries.

"In 2008 I made the team for the World Cross Country Championships in Scotland. That was my first major green and gold team. I didn't have a great run over there – I was 120th – but I was on a team with Craig Mottram

and some of the guys I'd really admired over the years, and it was quite a surreal experience. Then in 2009 I had another good year – I ran a 5k in LA that knocked 12 seconds off my best time in what was then a B standard for the Worlds in Berlin that year. I didn't get selected, but that just made me really hungry, and the next year I ran qualifiers for the 5k and the 10k for the Comm Games in Delhi.

St Lawrence soon had his career back on track. **BELOW IMAGES** Sydney's Centennial Parklands are his training base.



"Then 2011 was a real breakthrough year for me – I ran an Australian record for the 10k. I'd idolised guys like Ron Clarke and Monners and Mottram and Deek and also Collis Birmingham – I remember him breaking that record on a trip in 2009, running 27.29, and I couldn't believe how fast that was. I thought it was out of this world.

And then two years later I broke his record. It ▶



was another surreal moment for me as a fan of the sport. I had to pinch myself a few times after that one."

TOO MUCH TOO SOON

"If only it worked out that the harder you train the better you get – it would be a much easier sport. After I set the Australian record I thought, 'All right, I'm doing this training to get those sorts of times – what do I need to do to put myself in contention for a medal at the 2012 Olympics?' So I quit my job and started upping my mileage and putting in harder sessions, and by 2012 I'd just trained myself into a hole. I'd run into terrible form. I was tired, got to the Olympics and ran 20th out of 30 in the final. It wasn't near my best result or best time – I could have been challenging for a top ten there.

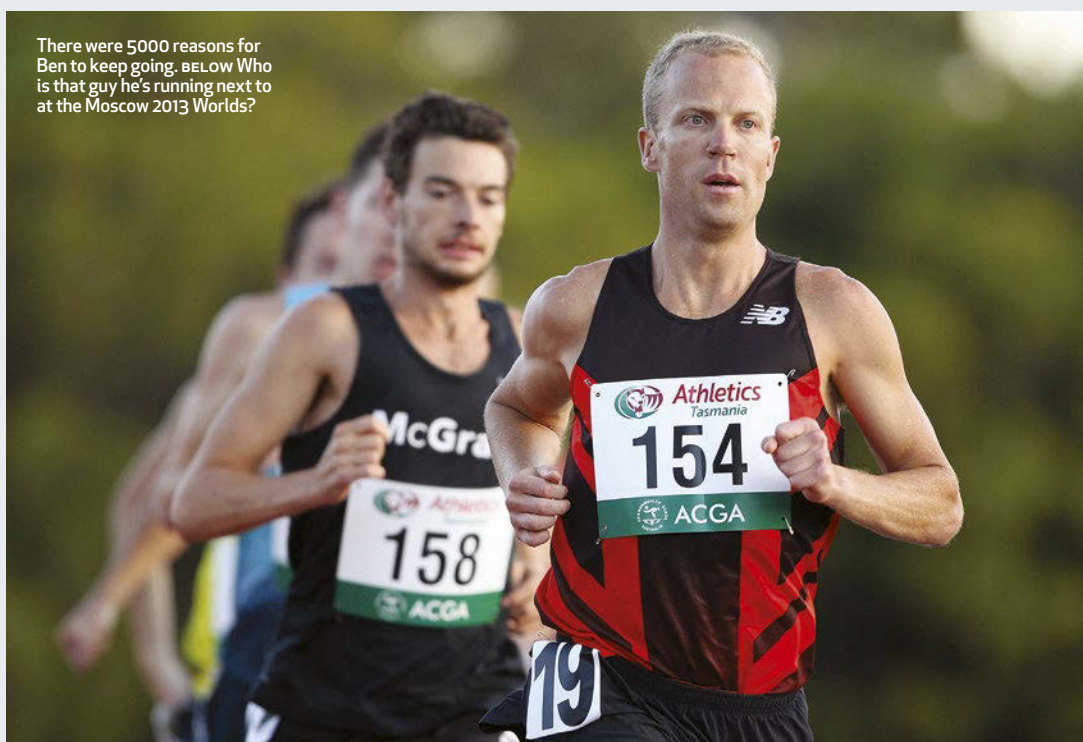
"That was a harsh lesson. So in 2013 I put a few different things in place – and I also introduced a lot more specific strength training into my regime. And in 2013 I had another really good year – I won the Stanford Invitational in 27.37 to qualify me for the Moscow Worlds and ran another 13.10 in the 5k in Belgium. I was in the shape of my life leading into the Worlds – then picked up the flu five days before we flew out. I had to pull out of the 10k, then ran the 5k but was still well off my best and didn't progress to the final. That was a really tough one because I didn't feel like I made any mistakes. That was just bad luck.

"Then 2014 rolled around. That year it was the Glasgow Commonwealth Games and yeah, I pushed it a little bit too hard at an altitude training camp in the US and did some damage to my Achilles and it just never got better. I ended up limping through the Comm Games 10k and then had to have two months off completely. That's the most difficult thing for me: finding that balance. You don't want to settle with just being one of the better guys in the country – I'm always striving to get to that next level where I'm competitive on the international stage. But to do that you're right on that fine line between finding form and injuring yourself."

CARB CAPTURE

"I'm definitely an advocate for getting as much of your diet as possible from the fresh produce section of the supermarket – shopping around the outskirts of the shop rather than down the aisles. I know there are trends at the moment to go low carb – I dabbled in that and it was terrible for me. I really find I need carbohydrates to exercise well. I focus on lots of fresh fruit and veges, lots of wholegrains, some lean meat, some meat-free days, just a really balanced diet, staying well hydrated – I've found that's the key to being lean but not always being hungry. In distance running you obviously don't want to carry any weight that you don't need. For a while there I was a bit obsessed about being as light as I could, but I found that I was just hungry all the time. I find now that with the diet and training I'm doing I don't feel like I'm cutting out entire food groups. There's still time for ice cream and

There were 5000 reasons for Ben to keep going. Below Who is that guy he's running next to at the Moscow 2013 Worlds?



cheesecake in there occasionally, as long as it's all balanced by good choices as well. I'll eat five bananas a day, plenty of fruit, lots of rice, veges, sweet potato. I'm certainly not afraid of eating lots of carb."

OPTIONAL EXTRAS

"If I do a really hard session at the gym and it's going to be a little while until I'm able to get a proper meal, I'll supplement with a protein shake. I also have a greens powder in the morning. I also do the beet juice – research shows that some of the nitrates in it can have benefits. You could juice your own beets, but there's a company that does beetroot juice or beet shots that are specifically aimed at endurance athletes.

"I take caffeine before my races – there are carbohydrate gels that also have 40-100mg of caffeine. And then you can get No-Doze over the counter. So for me, before a big race, I'd have probably 200mg of caffeine. It fires me up mentally so I'm hitting the start line feeling like I really want to race."

HELP THYSELF

"I'm a big advocate of self-treatment. Foam rollers. I've got thera bands. I've got little spiky balls to roll on and all that sort of stuff. I do a lot of self-maintenance. I also try to get a massage once a week, some really good hands-on treatment. And I also see an osteopath once a month just to get realigned. When you're really pushing the limits as much as I am, those maintenance things can help."

WARNING SIGNS

"If you stopped running every time something was hurting, you'd get very little training done. The tough thing is being able to differentiate what's a little niggle and what's probably going to turn into something stronger. I find if other areas of my life are causing stress, or I'm a little

rundown and sick, and then I feel a pain coming on, it's usually a sign that I'm doing a bit too much. That's a good time to realise that you can't just push and push. Sometimes you might just need to back off.

"I've got a ten-minute rule: if things are hurting or I'm feeling a bit under the weather and don't feel like getting out to train, I'll jog for ten minutes; if things are just getting worse and it feels terrible, I can just turn around and walk home. But often once you get that first ten minutes done, you realise that it was just a little niggle and you're fine to keep going.

"It's funny: I couldn't tell you how many runs I've been on, but there are only three or four runs that I've ever regretted doing. Often, just getting out the door is the hard part, but once you're out there you very rarely get home and say, 'I wish I hadn't done that.' You normally get home and you're flooded with endorphins and you've had a bit of time to yourself and you feel great. Running can be quite meditative, so you often find you solve the problems of the world while you're out there."

"IT'S A FINE LINE BETWEEN FINDING FORM AND INJURING YOURSELF."

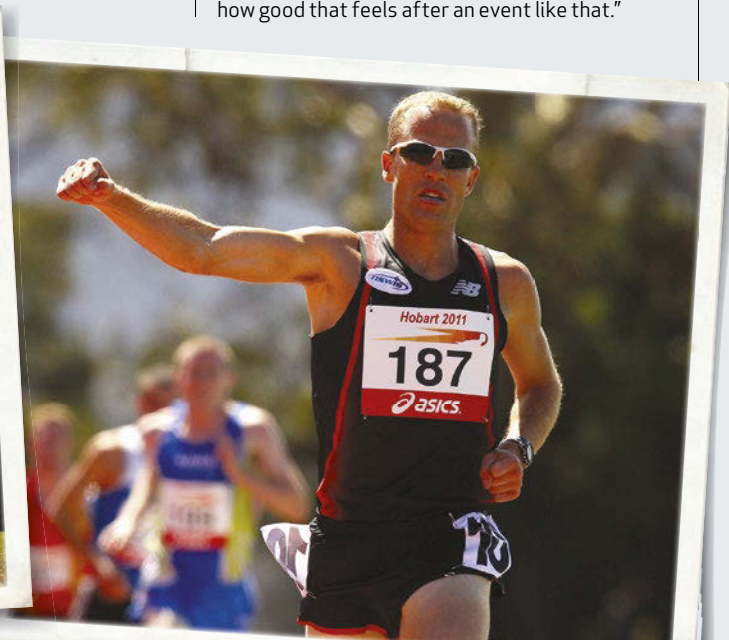
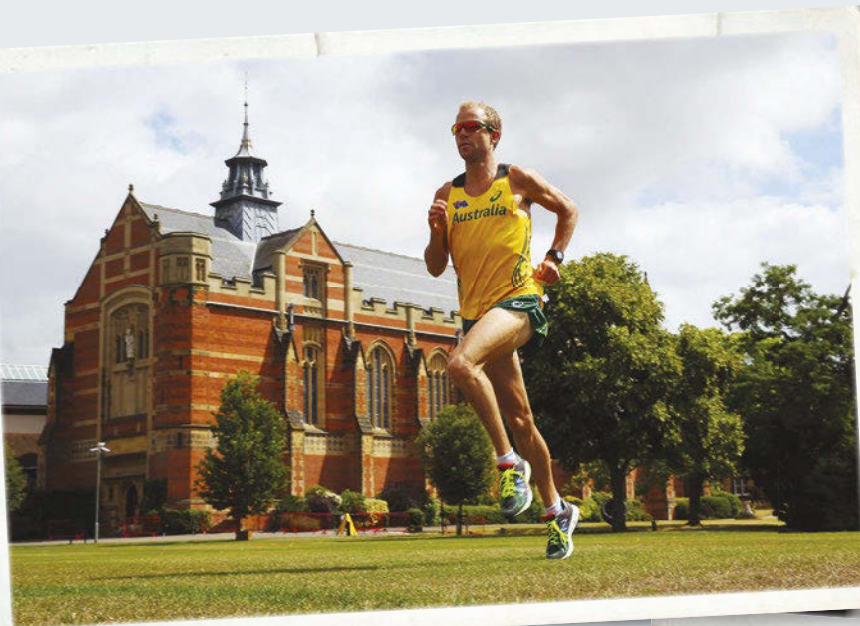
TOMORROW THE WORLD

"It was very exciting to qualify for the Worlds this year. But I only just got there – I had to run under 27:45 and I ran 27:44.2, so it was a nail-biter. The race was at Palo Alto at Stanford University and is normally a really good international field with a pacemaker running through to the halfway mark just to guarantee that everyone gets the standard. But the pacemaker was a bit off the mark and instead of running 13.50ish, she went through in 14.09, so we had to close in sort of 13.34, which was pretty quick finishing to get under the time. Three of us got under, thankfully – but the guy behind me, Dave McNeill, unfortunately missed by 0.01 of a second. Dave and I had been training our arses off for six weeks prior up in the mountains near

San Diego – so I knew how hard he'd worked. We thought we could both get the time, and we probably could have if we'd gone out a bit quicker. But he just missed out."

COMPETITION

"Racing for me is the icing on the cake. I love the training, I love going out on beautiful trails, but there's nothing better than lining up against some of the best athletes in the world – particularly when you beat someone you're not expected to and you surprise people. I've been lucky because I'm often the underdog going into some of these races, though I guess now that's less likely. But still, when you can put it all together – Stanford this year was another example where I challenged for the win on the last lap of a 10k against a really strong international field ... It's really hard to describe how good that feels after an event like that."



SHOW SOME HEART

THERE'S MORE TO RUNNING TRAINING THAN GETTING AS MUCH DISTANCE OUT OF YOUR LEGS AS YOU CAN ... SUCH AS MONITORING YOUR HEART RATE.

THE PERFORMANCE FACTOR

Training to heart rate is the most efficient and effective way of ensuring you are running at the right intensity to achieve your goals. Your heart rate can reveal if you are training too hard or too light, if you are fatigued, if you have *overtrained*, or even if you are sick. Indeed, your heart rate gives you the information needed to alter your training plan.

The heart rate zone you choose and the amount of time spent training in it will depend on many factors, such as training time available, fitness level, training phase, strengths and weaknesses and the specific running event you are training towards.

The average fitness runner generally only has a limited amount of time for training each week, therefore you will need to make the *most* out of your limited training time by ensuring your training covers the essential phases. Ensure your program involves the building of a solid, basic fitness level and allows you to train at the intensity at which your event is performed.

WHAT'S YOUR DISTANCE?

Essential information on your running performance, such as speed and distance, can be tracked with the Polar M400 and V800 heart rate monitors. Cadence and stride length can be measured using the additional Polar Bluetooth Stride Sensor.

The distance between your right and left foot touching the ground is called "stride length". As speed increases, so does the stride length. Improve stride length by undertaking specific strength work like running hills in soft sand or up steps.

Don't over-stride! The most efficient stride length is the one that feels most comfortable.

"Cadence" tells you the number of times your foot hits the ground per minute. To develop it, train your nerve-muscle connection by running regularly. A session of cadence training a week is a good start.

If you're training for a half-marathon or a marathon, work on increasing your leg speed at expected race pace to keep your legs from tiring mid-race. Set your Polar watch to show pace and cadence, and try to shorten your stride and increase cadence while holding that pace.

HERE TO HELP

If you're looking for better health, to get slimmer or run faster, Polar can help you.

Since 1977, millions of people have used the expertise and guidance of Polar to reach their training goals. Polar is here to help you understand your training better and to train smarter.

Run smarter with the Polar M400 and V800 heart rate monitors with compatible Bluetooth Stride Sensor. For more information go to www.polar.com/au-en

Polar's V800 heart rate monitor tracks your speed and distance.



2013 World Ironman champ Frederik Van Lierde maintains a consistent pace.

The M400, like the V800, boasts a Bluetooth Stride Sensor.



ULTIMATE SHOE SELECTOR



FIND YOUR ULTIMATE SHOE MATCH FOR OVER 20 POPULAR SPORTS

Let **Ultimate Shoe Selector** match you with the perfect shoe for your needs on iPhone, iPod Touch & iPad.

The app is the best place to get unbiased advice, as it features a wide range of shoe brands including:

adidas®



asics®



BROOKS

XBLADES



Reebok



Download on the
App Store

www.ultimateshoeselector.com



↑ ON REFLECTION

The new A400 Starlight Long Tights by Skins feature asymmetric, reflective graphic panels on the thigh and calf, providing 360-degree visibility in low-light conditions. They're constructed from 24 panels that follow the natural lines of human muscle and tendon patterns to ensure the right compression is delivered to the right places. The focused biomechanical design helps minimise risk of injury, while smarter fabric adapts to your body temperature to keep you comfortable in both warm and cool conditions. All this makes the A400 Starlight Long Tight the perfect piece of running kit. Available in men's and women's versions on skins.net and at leading sports retailers.



↑ GET A WIGGLE ON

The dwb ASV Short Sleeve Jersey combines highly technical fabrics and refined striking graphics for the ultimate in aerodynamic racing apparel. Identical in specification to the Wiggle Honda Pro Team kit, the jersey uses Hydrofit technology, which accelerates the efficient transfer of sweat away from the skin, providing superior temperature regulation. RRP \$110. Visit www.wiggle.co.uk for more info.

↓ SEEING THE LIGHT

The SEIKO Sportura Perpetual Solar Chronograph is packed full of features. A 24-hour stopwatch, perpetual calendar that automatically adjusts the date until February 2100, 100m-water-resistance and scratch-resistant sapphire glass are among the highlights. Oh yeah, and the Perpetual Solar is powered by any light source. RRP \$825. Phone 1300 300 776 or visit www.seiko.com.au for more information.



↑ OUT OF THE CAGE

Reebok has marked its five-year anniversary as the official CrossFit footwear and apparel partner with the launch of the highly anticipated Reebok CrossFit Nano 5.0. Incorporating Kevlar material throughout the shoe for increased durability and abrasion protection, the Nano 5.0 is the ultimate training shoe. Kevlar features the innovative 360-degree "BulletCage", built for added protection and designed specifically to help endure the most challenging and diverse CrossFit WODs. Available now at Rebel Sport. \$179.99. Visit www.reebok.com.au to find out more.

➔ WORLD CUP GLORY

After 22 years, the ICC Cricket World Cup returned to Australia and New Zealand. For the fans, it was certainly worth the wait. The host nations wasted little time reigniting their longstanding rivalry. On the first occasion they produced a heart-stopping thriller in Auckland as the ball zipped around wildly and wickets crumbled in one of the games of the tournament. The second was in the World Cup Final at the MCG. On a glorious March afternoon, these combatants resumed hostilities in front of more than 90,000 fans, while the rest of the world looked on... Bring back memories? Now you can relive all the magic moments of all the games in the 2015 ICC Cricket World Cup with this World Cup Victory Pack – especially the triumph of Australia lifting the Cup on home soil for the first time. This two-DVD package from Via Vision presents 130 minutes of super World Cup action, all for just \$34.95. Release date is Aug 19. Howzat? Visit www.viavision.com.au to find out more.



➔ WHAT WALLABIES WEAR

The Wallabies will take the field during their Rugby World Cup campaign in the best rugby kit ASICS has ever made – and so can you, by donning the 2015 ASICS Wallabies World Cup Jersey. The ASICS Institute of Sport Science has developed a jersey that's lighter, stronger, harder to grab and more ergonomically fitted than previous versions. Members of the Wallabies' squad played a key role in research and development, first by offering insights into the features and benefits they wanted to see in their jersey, before providing valuable feedback on prototypes. The end result is a jersey both the Wallabies and ASICS are extremely proud of. As per Rugby World Cup traditions, the right sleeve of the Wallabies' World Cup jersey will be marked with the years ('91 and '99) in which Australia has previously won the Cup. The replica jersey is available in Men's (RRP \$159.95), Women's (RRP \$149.95), Youths (\$129.95), Kids (\$89.95) and Infants (\$49.95) sizes. Call ASICS on (02) 98532300 to check for stockists near you, or purchase online at www.asics.com.au.

COME UP WITH A HUMOROUS CAPTION FOR THE FREEZE FRAME PIC ON PAGE 20 FOR YOUR CHANCE TO WIN:



➔ ENDURA PRIZE PACK

We have an 800g tub of Endura's new Rehydration Formula – Performance Fuel, as well as 20 Energy Gel sachets to give away. Performance Fuel helps prevent muscular cramps and spasms and relieves aches and pains. Total prize value \$90.

WIN

➔ CANTERBURY PRIZE PACK

Our Freeze Frame Freebies caption comp winner will also score for themselves this awesome bundle of goodies, which includes a Packaway gym bag, three sock packs, a Packaway jacket and a cap. That's almost \$160 of high-quality gear!



"IT'S PERFECT WEATHER FOR DUCKS ... NOT CHOOKS."

June's Freeze Frame Freebies caption competition was won by Justin Singleton of Banora Point, NSW.

BRIDGESTONE DRIVER SUBSCRIPTION COMP WINNERS:

Jim Yeadon, Ballina (NSW); Marilyn Buckley, South Yunderup (WA); Dr Albert Lam, Mona Vale (NSW); Ray Dunn, Bundaberg East (QLD); Greg Malligan, Kelso (NSW); Chris Foley, Kallangur (QLD).

Email your entries for this month's Freeze Frame comp on page 20 to iscomps@insidesport.com.au, or check out the website: www.insidesport.com.au. If, however, you are still "analogue", and resist the march of technology, you can still post your entries the traditional way to Freeze Frame Comp, Inside Sport, PO Box 5555, St Leonards, NSW 1590.

For enquiries about this section, please contact Hamish Bayliss at hbayliss@nextmedia.com.au

QUIZ ANSWERS (P26):

1. Geelong (Enright, Newman, Nankervis) 2. Mark Viduka 3. Lindsay Davenport 4. Munich 5. Ian Thorpe 6. Billy Slater 7. Toro Rosso-Renault 8. American Pharoah 9. Four ('07, '11, '14, '15) 10. Bangladesh, England and Pakistan.

ANSWER TO NEXT: Border was dismissed by English spinner John Emburey, with a ball that came off his gloves. As Border fell short of a half-century, this match saw no batsman pass 50, the first time that had happened in a Test since 1934. Botham then came on and bowled a legendary finishing spell, dismissing the last five Aussie batsmen over 28 deliveries, at the cost of one run. With the 29-run loss, Kim Hughes' stunned side had dropped another match seemingly won, and would lose the next Test in Manchester to seal a 3-1 series defeat.

RUNNING LATE

WE ALL KNOW THE FEELING: THE DASH FROM WORK TO TRAINING TO HOME. AND HUNGRY! HERE'S HOW TO REFUEL IN NEXT TO NO TIME FOR MAXIMUM NUTRITION AND NOT MUCH MONEY.



SWEET POTATO & RED LENTIL CURRY

Serves **4**. Cost per serve: **\$3.75**
Time to make: **30 min**

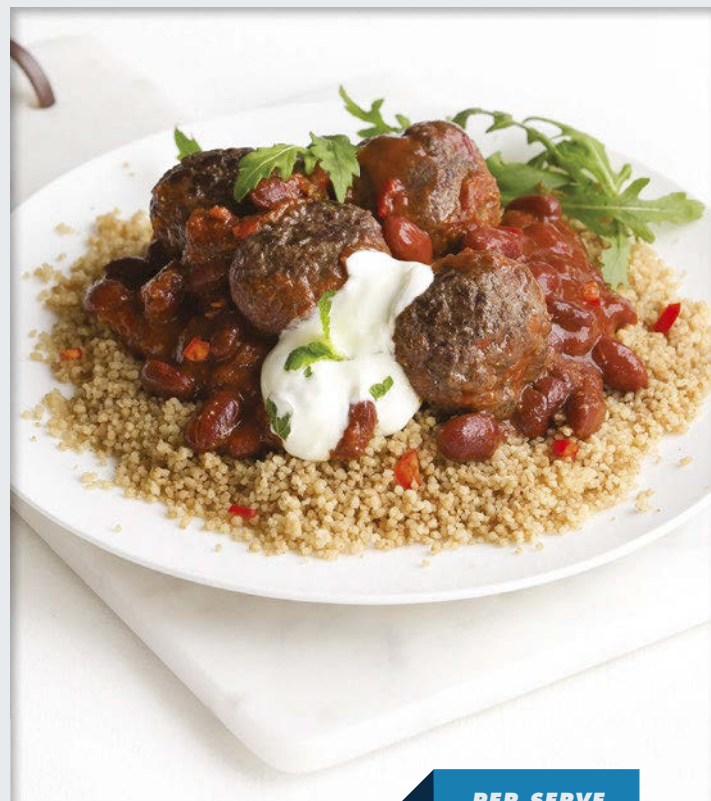
- 2 medium onions, finely diced
- 2 teaspoons cumin seeds
- 2 teaspoons mustard seeds or wholegrain mustard
- 3 tablespoons curry powder
- 1 cup red lentils
- 2 large sweet potatoes (about 400g), peeled, cut into chunks
- 2 cups reduced-salt vegetable stock
- 2 x 400g cans no-added-salt chopped tomatoes
- 4 cups chopped mixed veg (cauliflower, carrot, zucchini)
- 1/2 cup reduced-fat natural yoghurt, to serve

- 1** Heat two tablespoons of olive oil in a large saucepan over medium heat. Add onions and saute until soft. Add all spices and cook for one more minute, or until fragrant.
- 2** Add lentils, sweet potatoes, stock and tomatoes to saucepan with two cups water; stir and bring to the boil. Add mixed veg, cover pan and simmer for 20 minutes, or until potato is tender.
- 3** Season curry with cracked black pepper, top with a dollop of natural yoghurt and serve.

*Note: Garnish curry with sprigs of fresh herbs, if preferred.

PER SERVE

1654kJ/396cal
Protein 20.0g
Total Fat 9.8g
Sat Fat 1.6g
Carbs 48.8g
Sugars 21.3g
Fibre 16.1g
Sodium 687mg
Calcium 231mg
Iron 7.5mg



CHILLI MEATBALLS WITH COUSCOUS

Serves **4**. Cost per serve: **\$5.35**
Time to make: **25 min**

- 1 x 400g packet extra-lean beef meatballs
- 2 medium red capsicums
- 4 cups sliced mushrooms
- 1 medium onion, finely diced
- 2 x 400g cans no-added-salt chopped tomatoes
- 1 long red chilli
- 1 x 400g can chilli beans
- 1 cup wholemeal couscous
- 4 tablespoons reduced-fat natural yoghurt, to serve
- 2 cups baby rocket, to garnish

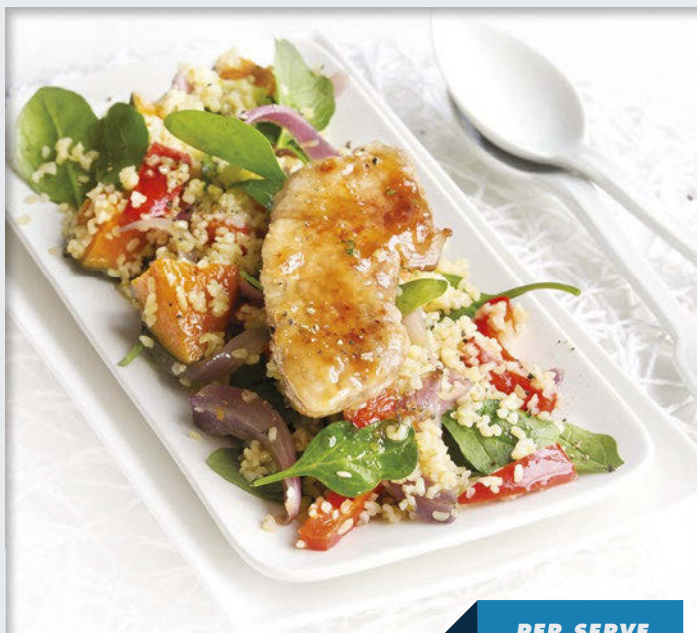
- 1** Heat two tablespoons of olive oil in a large non-stick frying pan over medium-high heat. Add meatballs and cook, turning, for four-five minutes, or until browned.
- 2** Meanwhile, blitz capsicums, mushrooms, onion, tomatoes and chilli in a small food processor or blender to form a chunky sauce.
- 3** Add browned meatballs and chunky tomato sauce to frying pan with chilli beans; stir well and simmer for 15-20 minutes, or until meatballs cook through.
- 4** Prepare couscous according to packet instructions; fluff grains with a fork. Top couscous with meatballs and chilli-bean sauce; top with a dollop of yoghurt, garnish with rocket and serve.

PER SERVE

2276kJ/545cal
Protein 44.1g
Total Fat 10.3g
Sat Fat 3.8g
Carbs 61.0g
Sugars 16.9g
Fibre 12.5g
Sodium 437mg
Calcium 155mg
Iron 6.8mg



Got your lifestyle goals in sight? Don't blow it over winter. Stay motivated with your Accredited Practising Dietitian.



MAPLE-GLAZED PORK WITH ROAST PUMPKIN SALAD

Serves **4**. Cost per serve: **\$5.10**
Time to make: **30 min**

600g pumpkin, seeded, diced into cubes
1 medium red capsicum, sliced
2 red onions, thickly sliced
1 cup bulgur (cracked wheat)
2 tablespoons balsamic vinegar
2 tablespoons maple syrup
1/2 cup plain flour
480g lean pork steaks
4 cups baby spinach

- 1 Preheat oven to 200°C. Line a large baking tray with baking paper. Place pumpkin on tray; toss with one tablespoon olive oil and roast for ten minutes. Add capsicum and onions to tray; bake for ten more minutes, or until veg are almost tender.
- 2 Meanwhile, cook bulgur in a large saucepan of boiling water according to packet instructions.
- 3 Combine vinegar and half the maple syrup in a small bowl. Pour mixture onto roast veg and toss well; roast for five more minutes, or until golden brown. Remove veg from oven and leave to cool.
- 4 Heat one tablespoon of olive oil in a large non-stick frying pan over high heat. Press pork into flour to coat, shaking off any excess; add to pan and cook, turning once, for three-four minutes per side, or until golden and cooked through. Add remaining maple syrup to pan with 1/3 cup hot water; toss pork until glazed and sticky.
- 5 Place roast veg and cooked bulgur in a large salad bowl; add baby spinach and toss lightly.
- 6 Top salad with pork, season with black pepper and serve.

PER SERVE

2199kJ/526cal
Protein 38.0g
Total Fat 12.3g
Sat Fat 2.3g
Carbs 59.2g
Sugars 21.2g
Fibre 11.1g
Sodium 96mg
Calcium 94mg
Iron 4.8mg



SEAFOOD STEW

Serves **4**. Cost per serve: **\$5.50**
Time to make: **30 min**

2 medium onions, thinly sliced (see Cook's tip)
2 medium red capsicums, sliced
2 teaspoons hot smoked paprika
1 x 400g can chopped tomatoes with basil and garlic
500g seafood marinara mix
4 slices light rye bread, toasted, to serve

- 1 Heat one tablespoon olive oil in a large saucepan over medium-high heat. Add onions and capsicums; cook, stirring, until soft. Add paprika; cook, stirring, until fragrant.
 - 2 Add tomatoes to saucepan with 1/2 cup water; bring to the boil. Reduce heat to low and simmer for seven-ten minutes, or until sauce thickens slightly.
 - 3 Add seafood to sauce, cover pan and cook for five minutes, or until seafood is cooked through.
 - 4 Serve seafood stew with toast.
- Cook's tip:** Swap the onion for one large fennel bulb, if preferred.

PER SERVE

1212kJ/290cal
Protein 32.9g
Total Fat 4.5g
Sat Fat 1.1g
Carbs 26.1g
Sugars 6.9g
Fibre 5.1g
Sodium 490mg
Calcium 115mg
Iron 3.7mg



This article is taken from the latest issue of *Healthy Food* magazine (rrp \$5.60).

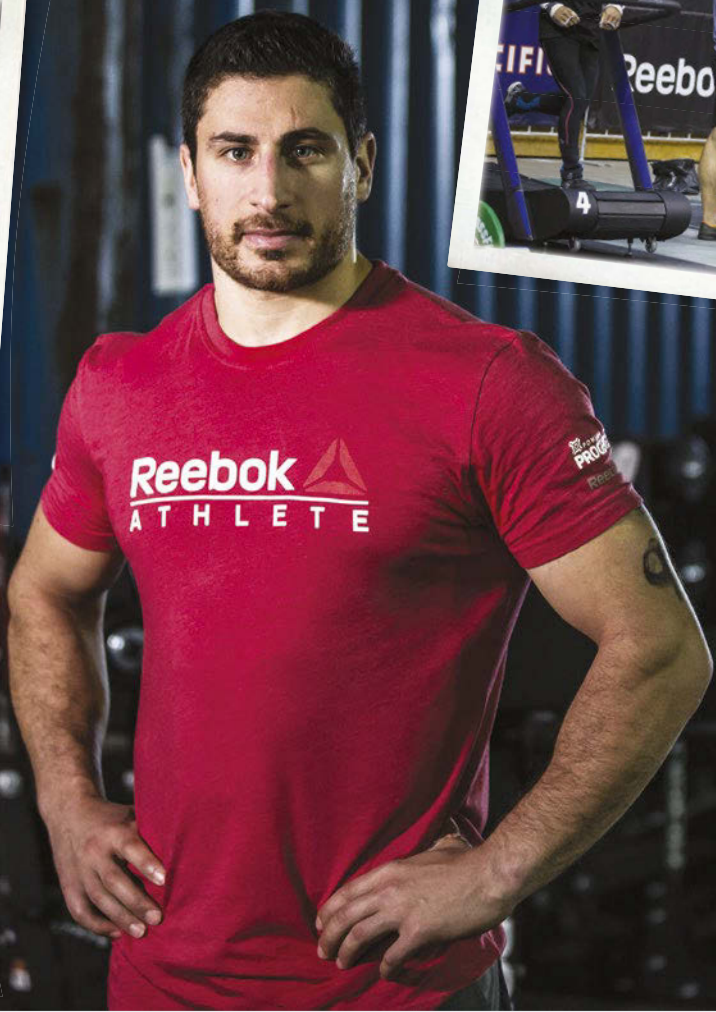
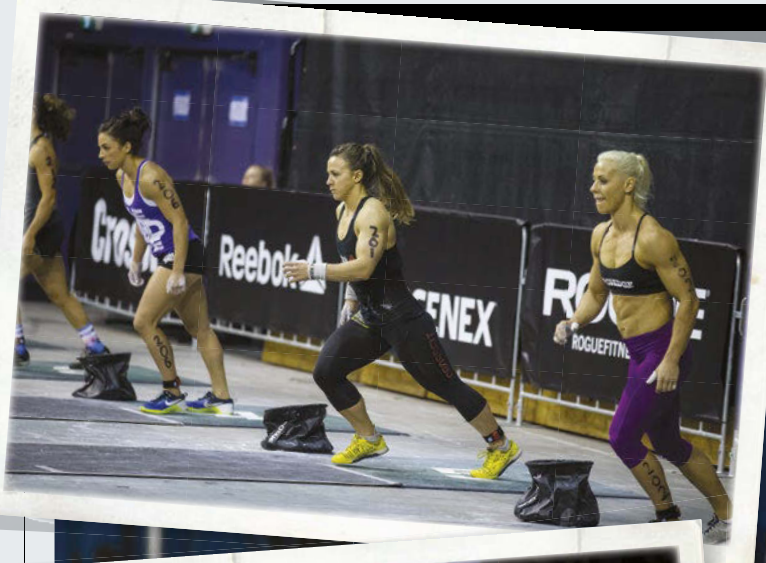
Visit www.daa.asn.au
or freecall 1800 812 942



What is an APD? Accredited Practising Dietitian. APDs are university-qualified experts who can give advice in all areas related to food and nutrition. This includes conditions such as heart disease, diabetes, eating disorders, obesity, food allergies, gastrointestinal disorders and general nutrition advice.



CROSSFIT



RUNNING TIME

Cardio-vascular health is one of the central pillars of great sporting performance, and running is the quickest way there. Australia's fittest CrossFitters, Kara Webb and Rob Forte, step into the coaches' role to tell us how to take the first steps.

GETTING STARTED

Kara: "If you're just starting out, break your running down into mini goals or mini distances, especially if you're carrying excess weight. Make everything you do measurable and record your progress. Those goals might be running a particular distance without stopping, or under a certain time. If you're attempting a distance run, break it up into checkpoints. Think about striding a little bigger or lifting your knees higher at every checkpoint."

Rob: "Start out with a distance that's

comfortable – don't overdo it, especially the first couple of runs. Then see how you pull up the next day. If you're absolutely fine then obviously you can push the distance a little bit further next time, but if you pull up a little bit sore you can stay that same distance. You can probably start at around one to two Ks – that's a safe bet.

"If you're pulling up very sore during the run, pick a track where you know you can bail out a quarter of the way or halfway through. When I'm pushing through a longer distance, I like to pick a landmark as a target to aim for, instead of

looking down at the ground a metre in front of you. It keeps your pace up and keeps you running faster for longer."

TRACK YOUR PROGRESS

Kara: "Run somewhere measurable, on a track that you can familiarise yourself with. Get comfortable with it, and then monitor your progress. I would also include a few different locations – for example a track with some hills, one that's flat, and maybe a trail run to mix it up."

Rob: "If you're running laps, I think it can be harder mentally. But if you're running one big loop, it's easier because you have different scenery and it doesn't seem to drag on. I always have some sort of stopwatch going while I'm running – if I know where my markers are at one or two Ks, I can keep track and stay consistent."

"If you're just starting out, keeping things low-impact can be better, so you can choose a grass track around a park maybe. But as you get stronger and more experienced you can pretty

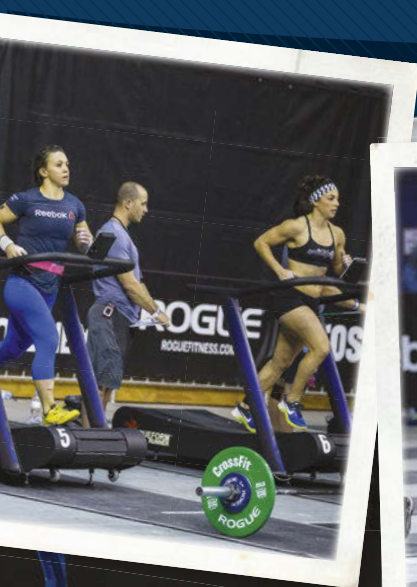
ARMED FOR ACTION

REEBOK CROSSFIT

NANO 5.0

WITH KEVLAR





much run anywhere and you'll pull up pretty well. There's a great running site called mapmyrun, where you can map out a course before you head off and it'll tell you exactly how far you travel. So you know exactly how far you've run and what time you did, if you've got that stopwatch going."

RUNNING MACHINES

Rob: "At the recent Regionals we ran on running machines for the first time in competition. I find them a very different feeling to running cross country. It was almost like pushing a sled – when you're pulling back to drive the belt, your hamstrings are more engaged, and it's almost like you're doing a hamstring curl. It was a little bit different, but not anything crazy. But I would much prefer to see people running normally – even a treadmill does a lot of the work for you, but it is certainly a good starter for someone."

Kara: "On the running machines you need to maintain a solid body position even though the

belt is turning over. Keep your eyes forward, chest tall, feet under hips, and pull away from the belt."

FOCUS

Kara: "Your focus should be on whatever is going to make the greatest impact on your running performance. If you struggle to breathe, then try to relax your body and sync your breathing up with the sound of your feet, essentially creating a rhythm. If you end up with significantly tight muscles in one particular area, then definitely focus on your form."

Rob: "Like anything, there's an efficient way to run. Keep your body in a good position; that means everything's stacked and nicely in line, like we would concentrate on in our lifts. A lot of runners roll their shoulders forward and get hunched over, but that rounds up the back and means they're looking down, which will restrict your breathing. It's not a very efficient position to be in. I encourage people to look up and think about keeping those shoulders back. And try not

to let your arms move across your body. Your hands should move between your hip and then up under your chin rather than across your body, because then you get a lot of rotation going on.

"Keep that mid-section tight as well so you're in good alignment. And concentrate on your breath."

GEARING UP

Rob: "In CrossFit we usually wear a flatter shoe in the gym. If it's five 400m runs in a workout I'll just keep my flatter shoes on, but if it's a longer distance I usually put my runners on – something with a bit more cushion on there for my calves."

Kara: "Your choice of shoe depends on the distance and the activity. If you're doing a CrossFit workout and running is one of three movements, you might need an inbetween shoe like the Nano, which is supportive and soft but also stable for other movements like squatting. If I'm running long distances I wear a supportive, spongy running shoe specifically designed for running. I use the Reebok One Cushion."

PHOTOS COURTESY CrossFit

THE TOUGHEST TRAINING SHOE JUST GOT TOUGHER

Reebok
UNITED BY FITNESS
CrossFit

ZEPPPO MARX

Did you hear the one about the Marx Brother who left the troupe to become an engineer – then designed one of the most essential sports science instruments of the modern era? No joke.

THOUGH it wasn't necessarily invented primarily for sport, rather for cardiac patients, the heart rate monitor was destined, from its conception by Zeppo Marx, to become indispensable equipment for many involved in physical activity. Beyond that, it was bound to evolve into a fashion accessory ... even a status symbol.

Yes. You read right. Zeppo Marx. Zeppo, born Manfred, second-least-celebrated of the Marx Brothers (Gummo ranked lowest), who left showbiz to pursue a career as an engineer after making five movies with his risible siblings, took out a patent on an invention he called the "cardiac pulse rate monitor" in 1967, when he was in his late 60s. He saw his invention as a long-overdue development for the medical profession, but also envisaged its usefulness for anyone involved in any kind of physical activity.

Zeppo wasn't just a pretty face – he wasn't even a pretty face. And his talents didn't just encompass comedy – in fact, they didn't include comedy at all. At least that's what many say. After he left the troupe, Groucho asked for a collective pay rise on behalf of the Marx Brothers, saying, "We're twice as funny without Zeppo!"

But he was one smart man. Patent US3473526 A, the cardiac pulse rate monitor, and patent US3426747 A, which was a "watch mechanism for actuation by a cardiac pulse", constituted the first heart rate monitor suitable for popular use. For the fashion-conscious, it was also a rather elegant-looking device, considering the functions it was required to fulfil and the lack of modern, lightweight materials.

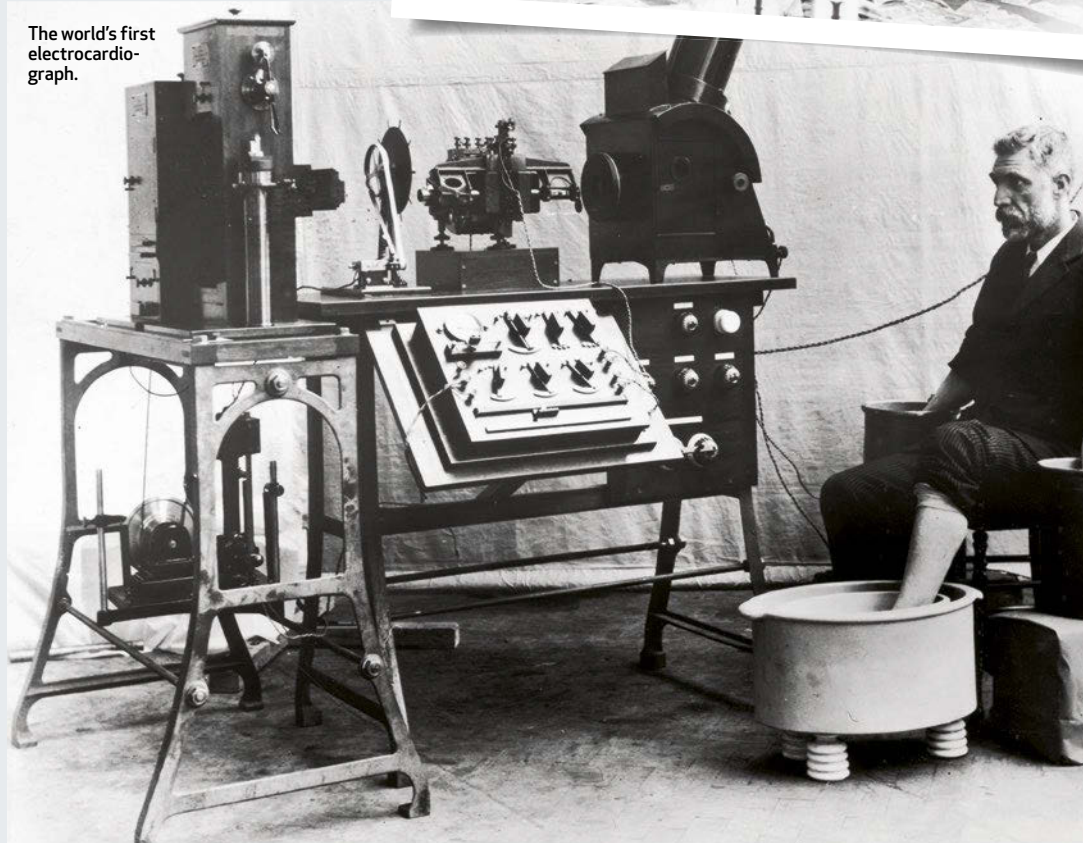
The second of those patents was for a device that enabled the user's cardiac pulse to drive a watch at a rate that varied according to the frequency, strength and regularity of the pulse. It included a second reference watch, operating at a constant and known rate. The device warned the wearer of excessively high or abnormally low changes of the pulse rate with an audible signal. The user could compare the deviant reading between the watches, which indicated a variation in the heart's functioning.

And he did all that without the help of Doctor Hugo Hackenbush!

The monitor, and the idea of wearing it as a watch, proved revolutionary.

Ten years after Zeppo's idea, in 1977, the University of Oulu in Finland's department of

The world's first electrocardiograph.



electronics invented the first wireless EKG heart rate monitor – a fingertip heart rate monitor called the Micro Heart Pulser – for Finnish company Polar Electro, known globally as Polar. Electrocardiography (the graph produced by this non-invasive procedure is referred to as an electrocardiogram, abbreviated to ECG or EKG), is the process of recording cardiac electrical activity over time by using electrodes placed on the body. These electrodes (conductors placed on non-metallic parts of a circuit) detect the tiny electrical changes on the skin that arise from the heart muscle depolarising during each heartbeat. Depolarisation describes a sudden electrical change within the cells. The process of depolarisation and repolarisation is essential to the functioning of the body's individual cells, as well as communication between cells. In other words, it is the rhythm of life.

The Micro Heart Pulser was intended as a training aid for the Finnish cross country ski team, and its use naturally extended to coaches and sportspeople seeking to raise the quality and efficiency of their training. Exercise scientists began to use them for research purposes.

Popular sales of the monitor took off around 1983, when the notion of "intensity training" became widespread. Soon after, the first wireless monitor was released onto the market. The portable Polar PE 2000 consisted of a transmitter, attached to the chest by disposable electrodes or an elastic electrode belt, and a receiver. In the early version, plastic straps, water or other liquid was required to get accurate performance. Later units have used a conductive smart fabric, with built-in microprocessors, which analyse the EKG (or ECG) signal to determine heart rate. The receiver was a monitor worn on the wrist.

Zeppo [SECOND LEFT] with his famous siblings in 1933.



SEIKO

DEDICATED TO PERFECTION



NOVAK
DJOKOVIC



Chris Judd gets a heart-rate monitor fitted. BELOW Polar's sleek modern version. RIGHT The German soccer team gets strapped up in 2012.



Zeppo with actress Barbara Stanwyck in 1938.



It didn't take long for the heart rate monitor to become popular among those more at risk, as everyday personal fitness for the average non-athlete, accompanied by trainers, became an industry to accompany performance sport.

Modern heart rate monitors still usually comprise the two elements of chest strap transmitter and wrist receiver, and it didn't take long before the receiver doubled as a full-time watch, or a mobile phone.

Receiver designs with various features are now all the rage. The average gym-goer can measure average heart rate over an exercise period, time in a specific heart rate zone, calories burned, average stride length, breathing rate, built-in speed and distance, and in addition to measuring these in real time, they can even log their session in detail and download it onto a computer for medical or performance purposes. Sensor fusion algorithms even allow modern monitors to detect core temperature and dehydration.

The range of monitors available today are designed for convenient use by anyone with a keen and proactive interest in their physical health. Many

have even replaced the plastic around-the-chest strap with fabric sensors, and these have allowed for the development of a range of garments which are a comfortable, and increasingly stylish, alternative to the chest strap.

The first sports bra designed with integrated heart sensors, including special materials which sense the number of beats from the heart and transmit this information to a wrist receiver, was released in 2005 by Textronics Inc.

There are also strapless heart rate monitors, which don't offer as much detail, but allow users to simply touch two sensors on a wristwatch display for a few seconds to bring up heart rate data.

Zeppo Marx was a straight man for his famous brothers, but, despite the public's perception of him, he was actually a man of impeccable comic timing, and an extremely underrated actor.

Perhaps no-one ever noticed the droll irony, decades after he left showbiz, of an invention that loaned some surreal reality to one of Groucho's most famous comic lines: "Either this man is dead or my watch has stopped."

- Robert Drane

**THE
MONITOR,
AND THE IDEA
OF WEARING IT
AS A WATCH,
PROVED
REVOLUTIONARY.**

Sportura



SEIKO

DEDICATED TO PERFECTION

Caroline Buchanan

5 x BMX & MOUNTAIN BIKE
WORLD CHAMPION

MAXXIS

PERFORMANCE TYRES



HIGH ROLLER II



MINION DHR



IKON



Distributed in Australia by



bikecorp.com.au



Follow Us On facebook
www.facebook.com/Bikecorp